

Issue 1-10  
FALL 2010

US ARMY AVIATION CENTER OF EXCELLENCE  
FORT RUCKER, ALABAMA 36362-5105  
"Our Mission is Warfighting!"



SPECIAL POINTS  
OF INTEREST:

FORT RUCKER RETIREE  
COUNSEL CO-CHAIRMEN  
COLUMN

36TH ANNUAL FORT RUCKER  
APPRECIATION DAY  
29 OCTOBER 2010

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## RETIREMENT SERVICES NEWSLETTER

### Fort Rucker Retiree Council Co-Chairmen Column COL (R) Bob Bunting & CSM (R) Gene Nelson

As fall approaches and the weather begins to change, another year has passed since we have had the opportunity to update you on Retiree Council activities. We invite you to start thinking about attending this year's Annual Retiree Appreciation Day (RAD) at Fort Rucker. This annual event recognizes the importance of our military Retirees and their Families. Building off of last year's success, this year is again scheduled as a **one-day event** on 29 October 2010. The Retirement Services Office, Lyster Army Health Clinic staff, and your Retiree Council are busy planning the RAD. The most productive change last year was holding all activities, including the Health Fair, at The Landing on Novosel Street. Conducting events in one place allowed the RAD to run more smoothly, and we will keep it that way this year. We know you're really looking forward to getting the flu vaccine, and the Lyster staff is working hard to ensure its availability. We also plan to have some great door prizes again this year. AAFES will continue the tradition of Retiree Gift Bags; they will be available at the PX, along with light refreshments, at a designated area for RAD participants. Remember that lunch is not provided; however, meals are available at The Landing and several other locations, both on and off post. The program following this year's dinner is "A Legislative Update on Military Benefits" presented by Military Officers Association of America (MOAA) staff member, Shane Ostrum, LTC(R), USAF. You do not have to order a meal to attend this presentation. If you do not eat at The Landing, we ask that you seat yourself in the area designated for those not dining. Please plan to stay overnight and visit the many scheduled on-post and local community activities.

The Retired military community must continue to make a difference at all levels of business and government in our areas of residence. Each of us must actively pursue contacting political entities to voice our support for funding Retiree programs. We have members from all three states composing our area and challenge each Retiree to get involved. We still have four (4) openings on our Council, and we would welcome Retirees of all ranks, so please let us know if you are interested. In order to have all branches represented, we would like to fill at least one slot with a Marine Retiree (if possible). We look forward to seeing each of you soon, so please travel safely.



# "Retired Still Serving!"

## RETIREMENT SERVICES OFFICER'S

**MESSAGE** - Welcome to Fort Rucker's 36<sup>th</sup> Annual Retiree Appreciation Day event. We want to honor our Retirees for all that they have given to this country. You epitomize what is great about America, as shown by your dedication and sacrifice for others to preserve our way of life. The featured presentation this year, following the Command Group-Retiree Social and Dinner, is from MOAA. As always, the RAD program is designed with you in mind, so please join us for the festivities honoring you and your service to our country. The reason our RAD is so successful is because of you, the Retiree and your Family. Participate in as many scheduled events as possible and continue to suggest events and/or activities to make future RADs fresh and even more enjoyable.

**Finally, remember that you are not an interruption of my work but the reason for it!** Please call me with any problems, issues, or suggestions at (334) 255-9739 (local) or (800) 240-9373 (toll free). If the answering machine responds, please leave a message, and I will get back to you as soon as possible. Better yet, email me at [ruck.retirees@conus.army.mil](mailto:ruck.retirees@conus.army.mil). Travel safely, and we'll see you here! Chris Moore, RSO



**RETIRED  
STILL  
SERVING**

### 36TH ANNUAL FORT RUCKER APPRECIATION DAY, 29 OCTOBER 2010 -

The Fort Rucker Commanding General, Retiree Council, and Retirement Services Officer invite you to the 36th Annual Retiree Appreciation Day. Please use the following information to schedule your itinerary before mailing the pre-registration form.

**RETIREE HEALTH FAIR (8:00 a.m. until 12:00 p.m.)** - The annual Retiree Health Fair will be held on October 29 at The Landing. This year, Lyster expects to provide blood pressure screenings and the flu vaccine. This year's flu vaccine will encompass both the seasonal and H1N1 flu, providing protection from both strands of the flu. The pneumonia and shingles vaccine will be available; however, individuals requesting the pneumonia vaccine will need a prescription from their primary care provider. As usual, there will be an array of vendors providing educational material for you. Lyster staff will provide representatives from the Pharmacy, Radiology, Lab, Managed Care, Third Party Collections, and Nutrition Care, to name a few. The installation will be presenting valuable information by representatives from legal, Army Community

Services, and Morale and Welfare, along with several others. The civilian community will have representatives from various services offered, including relaxation and Hospice care.



**Visual Screening at 2009 RAD Retiree Health Fair**

**RETIREMENT CEREMONY (3:00 p.m.)** - The Commanding General's Quarterly Retirement Ceremony will be held at 3:00 p.m. in the Aviation Museum (located at the corner of Andrews Avenue and Novosel Street, across from the Soldier Service Center). Retirees and their guests will have reserved seating.

**COMMAND GROUP - RETIREE SOCIAL & DINNER (4:30 P.M.)** - The Command Group - Retiree Social & Dinner will be held at The Landing. A pay-as-you-go bar opens at 4:30 p.m. Opening remarks and the dinner buffet will begin at 5:30 p.m. and will precede the guest speaker's presentation. The social and dinner are available **only to those who have registered and paid in advance.** Come socialize, and be sure to get a ticket for the door prizes!

*Dinner Buffet Menu: Authentic-style Schnitzel w/Jaeger Gravy, German Potato Salad, German Cold Slaw, assorted Vegetables, assorted Desserts, Rolls w/Butter, Coffee and Tea. COST IS \$16.50 PER PERSON AND MUST BE PAID IN ADVANCE. Please use the attached Registration Form to reserve your meal.*

**RAD GENERAL SESSION (immediately following dinner)** - "A Legislative Update on Military Benefits," by Shane Ostrum, LTC(R), USAF, Military Officer Association of America staff member

## **RECEIVE THIS NEWSLETTER VIA EMAIL**

- The Annual Retiree Newsletter is available electronically via email. Send your request, along with your current home address, to [ruck.retirees@conus.army.mil](mailto:ruck.retirees@conus.army.mil). Choosing email delivery will automatically remove your name from the newsletter's traditional mailing list.

## **LOOKING FOR INFO? TRY MILITARY.COM** -

If you have the internet and are looking to stay connected and informed on military news and benefits, this website is for you. Founded in 1999, Military.com can make your life simpler. Military.com's free membership connects Service Members, Families, Retirees, and Veterans to an array of government benefits. The website provides headline news and technology updates. It includes a wide variety of in-depth information, such as retired pay, buddy finder, education and scholarships, careers, community, entertainment, family support, discounts, and more. If you need a quick source for news and information on military issues, visit their website at [www.military.com](http://www.military.com).

## **UPDATING YOUR ADDRESS AND BENEFICIARIES** -

To ensure proper receipt of tax documents, Retiree Account Statements (RAS), and Echoes with the latest Retiree information, keep your mailing address current. Contact DFAS - Cleveland at (800) 321-1080.



**FAMILY AND MORALE,  
WELFARE, AND  
RECREATION (FMWR)  
ACTIVITIES**

Stay up-to-date by visiting us on Facebook and Twitter – Fort Rucker FMWR or by viewing our website at [www.ftruckermwr.com](http://www.ftruckermwr.com). You may sign up for our FMWR E-Newsletter by emailing us at [ruck.mwr.marketing@conus.army.mil](mailto:ruck.mwr.marketing@conus.army.mil).

## **ARMY COMMUNITY SERVICE (255-3817)**

ACS provides a wide range of information and services for Soldiers and Family Members from financial readiness, AER, AFTB, AFAP, Army Volunteer Corps, Employment Readiness, EFMP, Family Advocacy Program, Information and Referral, Mobilization and Deployment Readiness, Relocation Readiness Program, and Survivor Outreach Services.

## **AUTOMOTIVE SKILLS CENTER (255-9725)**

The Fort Rucker Automotive Skills Center has the equipment you need to save money on do-it-yourself car maintenance and repair. At the Automotive Skills Center you have access to on-site trained instruction, assistance, tools, equipment, and the Mechanic-For-Hire program. Stop by today to learn about how we can help with your automobile repairs and questions.

## **CENTER LIBRARY (255-3695)**

The library has high-speed public access internet computers, Wi-Fi for laptops, a children's collection and an activities room, copying service, individual study areas, and a digital scanner. We offer free FAX service to all toll free and DSN numbers, as well as incoming FAX service at a nominal fee. The Library also offers free monthly/seasonal programming for our community's children. The Library's collection includes books, DVD's, audio-books on CD, music CD's, subscriptions to newspapers and magazines, video games, foreign language books, science fiction & fantasy, travel guides, Christian fiction, a young adult section, and framed art. An automated card catalog and circulation system connected to the Center Library and the Aviation Technical Library make it easy to find what you need.

## **ARTS & CRAFTS CENTER (255-9020)**

The Arts & Crafts Center offers all sorts of classes and services including framing, laser engraving, woodshop, pottery/ceramics, RV Storage, and Lemon Lot registration. Our facility carries a wide variety of materials to help you create your very own customized masterpiece.

## **THE LANDING (598-2426)**

The Landing is a top-of-the-line facility that can accommodate parties, proms, wedding receptions, hails and farewells, and more. Five-Star Catering is available through The Landing Catering Office. Session Bingo is available at The Landing on Tuesdays, Thursdays and Sundays. All guests must be **at least 19 years old** to play. Food and beverages are available during regular Bingo sessions.

## **THE LANDING ZONE (598-8025)**

The Landing Zone, located inside The Landing, features casual dining, a full-service bar, live entertainment, and 24-inch flat-screen televisions. The Landing Zone proudly brews Starbucks coffee seven days a week and offers an extensive lunch and dinner menu. Planet Bingo is available seven days a week at The Landing Zone.

**LEISURE TRAVEL (255-2997)** Leisure Travel is your one-stop-shop for all of your vacation needs from tickets to information and reservations. Whether it's a family excursion to Disney, a romantic getaway, or a day trip to a local amusement park, Leisure Travel has what you need.

**RIDING STABLES  
598-3384**



The Riding Stables are surrounded by more than 10,000 acres of beautifully wooded trails and offer a clubhouse, 40 duplex stalls to stable 80 privately owned horses, two dressage rings, and two round pens. Programs and services offered by The Riding Stables include Riding Lessons, Pony Parties, Open Horse Shows, Horse Clinics, and much more.

**OUTDOOR RECREATION (255-4305)** Outdoor Recreation presents many services and opportunities to Fort Rucker patrons. It offers activities such as fishing, hunting, and swimming on 640-acre Lake Tholocco. Outdoor Recreation also offers a snack bar, as well as a wide variety of equipment rentals from boats to camping gear.

**LAKE THOLOCCO LODGING (255-4234)** Lake Tholocco Lodging offers top-notch recreational lodging facilities to active and retired military personnel, DOD civilians, and authorized guests. Lodging on beautiful Lake Tholocco is in three distinct areas: Singing Pines Cabins, East Beach Lake Cottages, and Engineer Beach RV Park.

**FORT RUCKER PHYSICAL FITNESS FACILITY (255-2296)** and **FORTENBERRY-COLTON PHYSICAL FITNESS FACILITY (255-3794)** These facilities combine to offer basketball courts, volleyball courts, top-of-the-line LifeFitness cardiovascular equipment, strength equipment, and LifeFitness free weights. The Fort Rucker facility features a gymnasium offering boxing equipment and an abdominal exercise area. The Fortenberry-Colton Facility includes a fitness room offering Cardio Theater for television viewing, a group fitness room, and a 28-foot realistic and versatile climbing wall that allows four people to climb simultaneously. Our outdoor facilities consist of six tennis courts, six softball fields, one soccer/rugby field, one football field, a quarter-mile paved running track, a two-mile paved running track, and jogging trails.

**RUCKER LANES (255-9503)** Rucker Lanes features twenty lanes equipped with the latest automatic scorers, bumper bowling, a Pro-Shop, lockers, shoe rental, and a full-service kitchen with an excellent menu selection. Rucker Lanes also offers Planet Bingo.

**SILVER WINGS GOLF COURSE (598-2449)** The Golf Course offers 27-holes of year-round championship golf, rated by the USGA at par 72 for 18 holes, a lighted driving range, a clubhouse, and Divots Restaurant & Grille. RAD Retiree golfers will be offered priority tee times, *as available*, on October 29-30. Memberships are available year-round to military and civilians.



**THE NATIONAL PERSONNEL RECORDS CENTER ONLINE RECORDS REQUEST**-The National Personnel Records Center website, [www.vetrecs.archives.gov](http://www.vetrecs.archives.gov), is available for veterans to request copies of their DD Forms 214. Veterans and next-of-kin of deceased former military members may use the online system to request documents for insurance, education, or employment purposes.

**DFAS RECOUPS THE RETIREE'S FINAL PAY AT DEATH** - Often, surviving spouses are surprised to learn that, upon notification of death, DFAS collects the Retiree's final pay. The Retiree's arrears of pay (unclaimed compensation) must then be requested by the beneficiary. Submit Standard Form 1174 (SF1174) to DFAS to claim the pay. SF 1174 may be downloaded via the DFAS website or a hard copy may be obtained by calling DFAS or your RSO. If this application is not filed, the arrears of pay will not be returned to the surviving spouse/Retiree's estate.



## CASUALTY REPORTING PROCEDURES -

Retiree deaths should be reported to DFAS (800) 321-1080 as soon as possible. Be prepared to provide the Retiree's name, social security number, and date of death, and contact information for the Retiree's designated beneficiary or next-of-kin. Fort Rucker provides an Honors Team for deceased US Army active duty Soldiers, Retirees, POWs, Medal of Honor recipients, and honorably discharged veterans for most of Alabama and the Florida panhandle. Funeral honors should be requested by the funeral director, or the family may call the Fort Rucker Casualty Office at (334) 255-9081 or (800) 661-1407. Honors must be requested no later than 24 hours prior to the funeral. For honors in Mississippi, contact the Fort Polk Casualty Office at (888) 474-0377. Verification must be provided, i.e., DD Form 214 or similar discharge document showing honorable service. Retiree's service can be verified by the Casualty Office.

**DEERS RESPONSIBILITY** - Sponsors are responsible for ensuring their DEERS records remain up-to-date. Events such as birth, death, divorce, children's marriages, children entering the Armed Services, etc., affect the benefit eligibility of these Family Members. Failure to update DEERS could result in the sponsor being held financially responsible for medical claims filed on unauthorized Family Members.

**REQUIREMENTS TO OBTAIN OR RENEW ID CARDS** - Proof of identity regulations require two specific forms of identification. If you have any questions regarding required documentation or to schedule an appointment at Fort Rucker, please call (334) 255-2182. The ID Card Section is located in the Soldiers Service Center, Building 5700, Room 160. For the duration of the RAD event, participants will have priority during duty hours. Hours of operation (excluding holidays) are Monday-Friday, 7:30 a.m. through 4:00 p.m. *RAD participants will have priority on 29 October only!* Type in [www.dmdc.osd.mil/rsl/owa/home](http://www.dmdc.osd.mil/rsl/owa/home) to locate your nearest ID Card/DEERS Office. Enter your

town, state, or zip code and find the location with its street, city, and phone number. There may even be a sister service site that is closer to you.

## TRICARE HEALTH/DENTAL CONTACT INFORMATION -

Retirees in Alabama, Mississippi, and the Florida Panhandle (TRICARE Region 4, Gulfsouth) may contact TRICARE at (800) 444-5445 or visit their website at [www.humana-military.com](http://www.humana-military.com). The Retiree Delta Dental Plan number is (888) 838-8737; their website is [www.trdp.org](http://www.trdp.org).



**AAFES  
POST EXCHANGE**

On 29-31 October, the Fort Rucker Exchange will hold a special "Still Serving" sale, featuring specials on appliances, electronics, paper products, wine/spirits, and snacks, and you can enter to win a new Samsung washer and dryer! Be sure to pick up your tickets from an AAFES representative at The Landing from 0900-1200 for a free AAFES gift bag. At 2:00 p.m., in the mall lobby, AAFES will serve cake and punch, and present free AAFES gift bags to ticket holders. The PX is open from 9:00 a.m. to 8:00 p.m., Monday through Saturday and 10:00 a.m. to 6:00 p.m., Sundays. For further information, please contact 334-503-9044, Ext 211.

## RETIREMENT SERVICES OFFICER WEBSITE -

The Retirement Services website is <http://www.rucker.army.mil/fort%20rucker/rso/index.html>. Links are available to the Fort Rucker Home Page, the Army RSO site, Fort Rucker Retiree Council information and Retiree Bulletins, as well as links to the Army G-1 website. Please bookmark this address and use it often!

"Never interrupt your enemy when he is making a mistake."

— *Napoleon Bonaparte*

"War is God's way of teaching Americans geography."

— *Ambrose Bierce*

"The truth of the matter is that you always know the right thing to do. The hard part is doing it."

— *Norman Schwarzkopf*

"When I lost my rifle, the Army charged me 85 dollars. That is why in the Navy the Captain goes down with the ship."

— *Dick Gregory*



**Find It on the Web - Information at Your Fingertips**

**Military Personnel Records Request**

**A Retirement Services**

[www.armyg1.army.mil/retire](http://www.armyg1.army.mil/retire)

**DFAS-Cleveland (Retired Pay & Annuitant Pay)**

[www.dfas.mil](http://www.dfas.mil)

**Combat Related Special Compensation (CRSC)**

[www.crsc.army.mil](http://www.crsc.army.mil)

**Army Knowledge Online (AKO)**

[www.army.mil](http://www.army.mil)

**Veterans Administration**

[www.va.gov](http://www.va.gov)

**Burial & Memorial Benefits**

[www.cem.va.gov](http://www.cem.va.gov)

**DOD Military Health Care System (TRICARE)**

[www.tricare.mil](http://www.tricare.mil)

**Delta Dental Plan**

[www.trdp.org](http://www.trdp.org)

**Express Scripts (Mail Order Pharmacy)**

[www.express-scripts.com](http://www.express-scripts.com)

**Federal Long Term Care Insurance**

[www.ltcfeds.com](http://www.ltcfeds.com)

**Medicare**

[www.ssa.gov/mediinfo.htm](http://www.ssa.gov/mediinfo.htm)

**Social Security**

[www.ssa.gov](http://www.ssa.gov)

**Military Personnel Records Request**

[www.vetrecs.archives.gov](http://www.vetrecs.archives.gov)

**Army & Air Force Exchange Service**

[www.aafes.com](http://www.aafes.com)

**RAPIDS Site Locator (DEERS Enrollment & ID Card Facilities)**

[www.dmdc.osd.mil/rsl/owa/home](http://www.dmdc.osd.mil/rsl/owa/home)

**MILITARY HOMEFRONT**

(Information about military installations)

[www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil)

**Army Career and Alumni Program -ACAP**

[www.acap.army.mil](http://www.acap.army.mil)

**Military Living Publications**

(Includes Space-A Travel Information)

[www.militaryliving.com](http://www.militaryliving.com)

**U.S. Army HRC St. Louis – Army Reserve**

<https://www.hrc.army.mil/site/Index.asp>

**Air Force Afterburner**

[www.retirees.af.mil/afterburner/](http://www.retirees.af.mil/afterburner/)

**Coast Guard Evening Colors**

[www.uscg.mil/ppc/retnews/](http://www.uscg.mil/ppc/retnews/)

**Marine Corps Semper Fi**

[www.manpower.usmc.mil](http://www.manpower.usmc.mil) (Click on “Semper Fidelis Online” under “News & Features”)

**Navy Shift Colors**

[www.npc.navy.mil/ReferenceLibrary/Publications](http://www.npc.navy.mil/ReferenceLibrary/Publications)

**FILL OUT AND DETACH FORM AT DOTTED LINE. SEND WITH YOUR CHECK OR CHARGE CARD INFORMATION TO THE ADDRESS BELOW.**

**2010 FORT RUCKER RETIREE APPRECIATION DAY REGISTRATION FORM**

Please complete the following application and return to Retirement Services Office NLT 20 October 2010. Make checks payable to DFMWR or print credit card info below. Mail to **Commander, USAACE, Attn: Retirement Services, Rm 161, 453 Novosel Street, Fort Rucker, AL 36362-5105**. Do not send cash. For planning purposes, we must have reservations for meals. **NO TICKETS WILL BE SOLD AT THE DOOR**. Also, please annotate if you will attend the Health Fair, Retirement Ceremony, or General Session.

NAME (LAST,FIRST,MI) \_\_\_\_\_ RANK \_\_\_\_\_

MAILING ADDRESS (P.O. BOX OR STREET, CITY, STATE, ZIP CODE)  
\_\_\_\_\_

STATUS:  RETIREE  SPOUSE  WIDOW(ER)

SERVICE:  ARMY  AIR FORCE  NAVY  MARINE  COAST GUARD

PERSONS ATTENDING WITH ME: \_\_\_\_\_

I/WE WILL BE ATTENDING THE FOLLOWING ACTIVITIES (Check all that apply):

Health Fair  Retirement Ceremony  Command Group Dinner  General Session

**RESERVATIONS:** Please place my reservation for the following meal in the numbers indicated:

# Persons: \_\_\_\_\_ Friday Night Buffet @ \$16.50 per person TOTAL COST OF MEALS \$ \_\_\_\_\_

(Make checks payable to: DFMWR or provide credit card info below.)

**IF PAYING BY CREDIT CARD, ENTER THE FOLLOWING INFO (Circle Correct Card and Please Print):**

VISA MASTER CARD AMERICAN EXPRESS Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Name (as it appears on the card): \_\_\_\_\_

AUTHORIZED SIGNATURE: \_\_\_\_\_