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**Supplement to Scott AFB RAO Winter 2011 Newsletter Issue**

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**Health/Tricare**

**Tricare Assistance Program: "TRIAP"**

With proactive behavioral health care for servicemembers a priority, a top military health care leader stressed the merits of the TRICARE Assistance Program Monday. Navy Rear Adm. Christine Hunter, deputy chief of TRICARE Management Activity, spoke about the benefit that servicemembers have in the form of at-home help. "We want to make getting help as easy as possible," Hunter explained. In existence since 2009, the TRICARE Assistance Program, or TRIAP, offers 24-hour confidential counseling for those needing immediate help, or those who may not want to visit a behavioral health practitioner in person. "We all are concerned about how our servicemembers are coping given everything that's asked of them, every single day," Hunter said. Active-duty members and their families, reserve-component Soldiers using TRICARE Reserve Select, and those coming off of a deployment are eligible to use TRIAP. Servicemembers simply need Internet access, a webcam and Skype software to use TRIAP. If troops don't have access to the technology, they can also connect with a counselor via phone or chat. When logged on, servicemembers will be connected to a licensed mental health counselor, who will assist them during one or two sessions, or if needed refer them to a specialist. Currently, the program is only for adults, and Hunter stressed that TRIAP is for short-term, non-medical concerns. She added that part of the appeal of the program is that you never know what time of day you might need help, and with TRIAP help is instant -- no need to wait until morning or until the weekend is over. "The important message is to get help, wherever that may be. We want people to share their stresses, to lighten their load and to get help when they need it," Hunter said. Since the program's inception, nearly 3,000 calls have been received from servicemembers, predominantly from the Army. Furthermore, TRIAP reports that many of the calls received are from noncommissioned officers and the most called-about issue has been relationship conflicts. Originally created as a pilot, the program has now been extended until 2012. For more information, or to use the program, go to [www.TRICARE.mil/triap](http://www.TRICARE.mil/triap) and follow the instructions for contacting a counselor.

Army News Service/DoD Military Health

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### **Convert Retail Prescriptions**

You can reduce your out-of-pocket costs by moving your current retail maintenance medication prescriptions to home delivery. It's easy to do with the Member Choice Center. Additionally, you may contact the Member Choice Center for assistance with converting your current military treatment facility (MTF) prescriptions to home delivery if you prefer the convenience getting prescriptions mailed directly to you. (*home delivery copayments will apply*).

To help you get started, [activate your account online](#).

**Note:** To use the Member Choice Center, you must have a maintenance prescription dispensed at a retail pharmacy or MTF. The Member Choice Center will contact your provider to obtain a new written prescription for home delivery. Converting your prescriptions to home delivery over the phone takes about 7 minutes, and your first shipment will arrive in approximately 14 days.

Courtesy, NAUS Leg Update, 2/4/11

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### **Health/General**

#### **TRICARE Beneficiaries Encouraged to Review New Dietary Guidelines**

New dietary guidelines released by the Department of Health and Human Services and the Department of Agriculture urge Americans to increase physical activity, reduce sodium intake, choose foods that provide more potassium and opt for water, instead of soft drinks. TRICARE officials agree, and encourage beneficiaries to review the guidelines and incorporate good eating habits, as well as physical activity into their lifestyle. The complete TRICARE press release and links to the list of guidelines can be viewed [here](#).

Courtesy, NAUS Leg Update, 2/4/11

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### **Administration**

#### **Financial Planning**

Military members face a complex web of pay, allowances, benefits, and bonuses. Too often, doubt and confusion about money matters can get in the way of financial progress. Separating fact from fiction is an essential step toward building a sound financial plan. And with the truth on your side, turning plans into action may be a little easier. The following sets the record straight on some common money myths.

**\*\*MYTH: Financial planning is all about investing. REALITY:** Investing is one building block toward meeting long-term financial goals. But there's much more to a solid financial plan. Budgeting for daily expenses, maintaining the right insurance coverage, and making smart tax decisions are just as important. A CERTIFIED FINANCIAL PLANNER can help with all of these areas.

**\*\*MYTH: I can't afford financial advice. REALITY:** Guessing can cost you much more than paying for professional help. And financial advice doesn't have to be expensive. Some financial services companies will answer basic financial questions without charge, or create a base plan for as little as \$200. Paying a few hundred dollars now can be a bargain to ensure your financial choices pay off in the long run.

**\*\*MYTH: Estate planning is only for rich people. REALITY:** Individuals of all income levels should consider drafting a will. And if you have children, the will should designate who will serve as their financial and physical guardian. A durable power of attorney, medical directive and letter of instruction also can help your family handle your affairs in the event of your death or disability. The JAG office can help military members create these documents for free.

**\*\*MYTH: I don't have enough money to start investing. REALITY:** You can open a mutual fund account for as little as \$20 per month. Starting early is key. Over time, the power of compounding returns can help your modest contributions grow. For example, if you invest \$20 a month for 20 years and earn an eight percent annual return, you'd have \$11,859. After 30 years, you'd have \$30,006.

**\*\*MYTH: I have plenty of time to save for retirement. REALITY:** As life expectancies get longer, future retirees will need much larger nest eggs so they don't outlive their savings. Building a retirement fund could be the largest financial commitment you'll ever make. So starting as early as possible could help you take advantage of compounding returns.

**\*\*MYTH: There is a formula for beating the stock market. REALITY:** No one can predict what the stock market will do. A winning investment strategy involves maintaining a diversified and disciplined approach to weather the

ups and downs of the market over many years. Professional advice may help, but it's no substitute for a long-term commitment to systematic investing.

**\*\*MYTH: My landlord's insurance will protect me. REALITY:** If a fire, burglary, or other unfortunate event occurs, a landlord's insurance usually covers damages only to the building itself. This means tenants must replace their own belongings. So if you don't own your place, you probably need renters insurance (also called personal property insurance). That includes service members in government housing.

**\*\*MYTH: Saving for my kids' college tuition comes first. REALITY:** Parents should save for their own retirement before the kids' college expenses. Loans, grants, and scholarships can help pay for college, but retirees have far fewer options.

Courtesy, USAA Richard Nash article 3 Dec 2010/Tichacek Jan 1/2011

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### **Retirees - Good News about Payday**

The recently approved National Defense Authorization Act has changed your paydays such that you will no longer have to wait until after weekends or holidays; it will be issued on the first day of the month.

Courtesy, AFSA Newsletter, Feb 4, 2011

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### **Spouse/Family**

#### **New Program Helps Vets Families**

A new VA program called "Families At Ease" attempts to reach new veterans through their concerned family members and provides information and support to help them help their veterans access VA facilities for services and benefits. A call center has been developed to answer calls from family members and friends, as well as veterans. Callers can get information on how to help their vets enroll in VA care. They can also get free telephone-based coaching by a mental health consultant to help the family member talk to a veteran who is reluctant to admit having difficulties. Family members or veterans can reach "Families At Ease" at 888-823-7458 (8 a.m. -5:30 p.m. ET) or by visiting the VA's Families At Ease website.

Courtesy, NAUS Legislative Update Jan 21, 2011

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#### **Retiree checklist: What survivors should know**

Shift Colors periodically provides a checklist for retirees and their surviving family members. This checklist is designed to provide retirees and their loved ones with some help in preparing for the future.

\_\_\_ Create a military file that includes a copy of retirement orders, separation papers, DD Form 214, medical records, and any other pertinent military paperwork. Make sure your spouse knows the location and telephone number of the nearest military installation.

\_\_\_ Create a military retired pay file that includes the following contact information for the Defense Finance and Accounting Service (DFAS) U S Military Retirement Pay. Post Office Box 7130, London, KY 40742-7130 (800) 321-1080 or (216) 522-5955/(800) 269-5170 (for issues regarding deceased members)

(This file should also include the number of any pending VA claim as well as the address of the local VA office; a list of deductions currently being made from retired pay or VA benefits. Also include the name, relationship and address of the person you have designated to any unpaid retired pay at the time of death. This designation is located on the back of your Retiree Account Statement)

\_\_\_ Create an annuities file. This file should information about the Survivor Benefit Plan (SBP), Reserve Component Survivor Benefit Plan (RCSBP) or the Retired Serviceman's Family Protection Plan (RSFPP), or any applicable Civil Service annuity, etc. Additional information regarding SBP, RCSBP and RSFPP annuity claims can be obtained from DFAS office at (800) 321-1080.

\_\_\_ Create a personal document file that has copies of marriage certificates, divorce decrees, adoptions and naturalization papers.

\_\_\_ Create an income tax file. Include copies of both of your state and federal income tax returns.

\_\_\_ Create a property tax file. Include copies of tax bills, deeds and any other related documents/information.

\_\_\_ Create an insurance policy file. Include life, property, accident, liability and hospitalization policies.

\_\_\_ In a secure location, maintain a list of all bank accounts (joint or individual). Include the location of all deposit boxes, savings bonds, stocks, bonds and any securities owned.

\_\_\_ In a secure location, maintain a list of all charge accounts and credit cards. Include account numbers and mailing

addresses.

\_\_\_ Maintain a list of all associations and organizations of which you are a member. Some of them could be helpful to your spouse.

\_\_\_ Maintain a list of all friends and business associates who may be helpful. Include name, address and telephone number.

\_\_\_ Discuss your plans/desires with respect to the type and location of your funeral service. You should decide about cremation, which cemetery, ground burial, etc. If your spouse knows your desires, it will resolve some of the questions that might arise at a later date.

\_\_\_ Visit a local funeral home and pre-arrange your services. Many states will allow you to pre-pay for services.

\_\_\_ Investigate the decisions that you and your family have agreed upon. Many states have specific laws and guidelines regulating cremation and burials at sea. Some states require a letter of authority signed by the deceased in order to authorize a cremation. Know the laws in your specific area and how they may affect your decisions. Information regarding Burials at Sea can be obtained by phoning the Mortuary Affairs Division at (866) 787-0081.

\_\_\_ Once your decisions have been made and you're comfortable with them, have a will drawn up outlining all your wishes and store it in a secure location with your other paperwork.

\_\_\_ When all the decision-making and documenting is completed, sit back and continue to enjoy life.

**Who should be notified in the event of my death?**

1. Defense Finance and Accounting Service (800) 321-1080 or (216) 522-5955
2. Social Security Administration (for death benefits) - (800) 772-1213
3. Department of Veterans Affairs (if applicable) — (800) 827-1000
4. Office of Personnel and Management (if applicable) - (724) 794-8690
5. Any fraternal group that you have membership with such as MOOA, FRA, NCOA, VFW, AL, TREA. NAUS
6. Any previous employer that provides pension or benefits.

The above information is not all-inclusive and should be used with other estate planning tools to lessen trauma to your loved ones.

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**What's New for 2010 Taxes** Each year brings new tax rules, this year the four biggest changes that may affect your 2010 taxclaim are an increase in the Earned Income Credit, reduced Standard Mileage Rates, an extension on the First-time Homebuyer Credit and a change in the tax filing date from April 15 to April 18, due to the Emancipation Day holiday in the District of Columbia. Visit the Military.com Tax Center to learn more about filing your 2010 tax claim. <<http://www.military.com/military-report/whats-new-for-military-tax-payer>>

Courtesy MilitaryReport.com, Editor: Terry Howell/Editorial, Jan 31, 2011 \*\*\*\*\*

**Veterans**

**VA Urges Veterans to Sign Up for Direct Deposits**

**Treasury Publishes Final Regulation to**

**Phase Out Paper Checks by 2013** The Department of the Treasury announced a new rule that will extend the safety and convenience of electronic payments to millions of Americans and phase out paper checks for federal benefits by March 1, 2013. "Receiving VA benefits electronically will increase the security, convenience and reliability of these vital payments," said Secretary of Veterans Affairs Eric K. Shinseki. "VA encourages Veterans who are now receiving their benefits in paper checks to set up direct deposits before the deadline." On March 1, 2013, VA will stop issuing paper checks. People who do not have electronic payments for their federal benefits by that time will receive their funds via a pre-paid debit card. Called the Direct Express card, it is issued by Comerica Bank as the financial agent of the U.S. Treasury. Another deadline affects people receiving VA's compensation or pensions for the first time after May 1, 2011. Those people will automatically receive the benefits electronically. Anyone already receiving federal benefit payments electronically will be unaffected by the changes. To learn more about the federal government's switch to direct deposit - or to change VA benefits to direct deposit – visit <[www.GoDirect.org](http://www.GoDirect.org)>

Information about the federal government's "Go Direct" campaign is also available at 1-800-333-1795. Along with payments for VA benefit, the change will also affect recipients of payments from Social Security, Supplemental Security Income, Railroad Retirement Board, or Office of Personnel Management. For more information about VA benefits and programs, go to <[www.va.gov](http://www.va.gov)> <<http://www.va.gov/>> or call toll free 1-800-827-1000. Excerpts, VA Release, Dec. 21, 2010

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### **VA Opens Toll-Free Caregivers Support Line**

Caregivers are the family members and loved ones who provide care for Veterans who are living with the effects of war, disability, chronic illness, or aging. They deserve VA's highest level of support. On Feb. 1, 2011, the Department of Veterans Affairs (VA) opened a toll-free National Caregiver Support Line housed at the Canandaigua VA Medical Center campus in Canandaigua, New York. The support line serves as a primary resource/referral center to assist caregivers, veterans and others seeking caregiver information to help in the care of our Nation's Veterans. VA employees who are licensed clinical social workers will answer calls to The National Caregiver Support Line.

The Support Line will provide information on VA/ community caregiver support resources and "warm" referral to dedicated Caregiver Support Coordinators located in every VA Medical Center; emotional support for the caregiver will be an integral component of this service. The National Caregiver Support Line is also available to respond to inquiries about the caregiver benefits associated with Public Law 111-163, Caregivers and Veterans Omnibus Health Services Act of 2010.

**The National Caregiver Support Line will be open Monday through Friday 8:00 a.m. to 11:00 p.m. and Saturday 10:30 a.m. to 6:00 p.m. Eastern Time. The National Caregiver Support Line Toll-Free number is 1-855-260-3274.** NAUS encourages your help in getting the word out about the VA Caregiver Support Line Toll-Free Number to military families and others providing care in your community. Please also see VA's updated caregiver [website](#).

Courtesy, NAUS Leg Update, 2/4/11

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**VA Hosts Public Forum to Improve Disability Compensation Criteria** VA Seeks Opinion of Veterans and Public and Private Experts The Department of Veterans Affairs (VA) is hosting a public forum in Scottsdale, Ariz., aimed at improving the fairness of payments for Veterans who are service-connected for genitourinary, digestive, dental, infectious, immune disorder and nutritional deficiency diseases and injuries. "We welcome to this public forum key stakeholders, our nation's Veterans, Veterans service organizations, public and private health experts, health economists and Department of Defense professionals, who will provide us with the information we need to bring the disability rating criteria into the 21st century," said Acting Under Secretary for Benefits Michael Walcoff. The focus of the forum is to assist VA in gathering information to update the Department's Schedule for Rating Disabilities. The schedule is used to assign levels of disability compensation for Veterans who are service-connected for these disabilities. The forum's agenda includes presentations by VA, DoD and private subject matter experts. The forum is taking place from Jan. 25-28 and Jan. 31- Feb. 3 at DoubleTree Paradise Resort in Scottsdale, Ariz. The meetings and working sessions will be held each day from 8 a.m. to 4:30 p.m. The public forum is the third in a series of meetings that will enable VA to make changes to the ratings schedule. It is part of a systematic update of all 15 body systems of the rating schedule, to be completed by 2016. The two previous forums held in 2010 focused on mental health and musculoskeletal disorders. VA provides compensation and pension benefits to more than 4 million Veterans and other beneficiaries through a VA nationwide network of 57 regional offices. Currently, the basic monthly rate of compensation paid to Veterans ranges from \$123 to \$2,673. Disability compensation is a non-taxable, monthly monetary benefit paid to Veterans who are disabled as a result of an injury or illness that was incurred or aggravated during active military service. After finding that a Veteran's disability is service-connected, the rating schedule is applied to determine the level of disability, which ranges from zero to 100 percent. The Veteran then receives compensation payments based on the disability level assigned. Veterans and other people seeking information about, or assistance with, VA compensation or pension benefits may call VA's toll-free number 1-800-827-1000, or go to [www.vba.va.gov/VBA](http://www.vba.va.gov/VBA).>To view and download VA news releases, please visit the following Internet address: <http://www.va.gov/opa/pressrel>.> VA News Release 1/27/11 \*\*\*\*\*

**Department of Veterans Affairs (VA):** Recent updates from the VA. **Claims** – In an effort to make the VA more responsive to veterans and their families, the VA has introduced a shorter claim form. VA Form 21-526, to be used for first time application for disability or pension has been reduced from 23 to 10 pages. It can be found at [www.va.gov/vaforms](http://www.va.gov/vaforms), or call 1-800- 827-1000. For a veteran filing for disability compensation for the first time, help may be available from your town Veterans Agent (MA), or a military organization such as Disabled American Veterans etc. VA Form 21-526b should be used by a veteran seeking increased benefits for conditions already

determined by the VA to be service-connected. It is also available on the website above.

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**Gulf War Illnesses** – Following a report by the National Academy of Sciences Institute of Medicine, the VA has specified nine diseases which are presumed to be service-connected for veterans of the first Gulf War as well as current operations in Iraq and Afghanistan. Veterans afflicted by one of these 5 diseases do not have to prove service-connection when filing a claim for disability compensation from the VA. The diseases are: Brucellosis, Campylobacter jejuni, Coxiella Brunetii (Q fever), Malaria, Mycobacterium tuberculosis, Nontyphoid Salmonella, Shigella, Visceral leishmaniasis and West Nile virus. The new presumptions apply to veterans who served in Southwest Asia beginning on or after the start of Desert Shield on 2 August 1990 through Desert Storm to the present including Iraq. Veterans who served in Afghanistan after 19 September 2001 also qualify. For questions go to [www.va.gov](http://www.va.gov) or call 1-800-827-1000

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### **Vietnam Vets Take Notice**

Nobody wants to play the Grim Reaper here, but statistically based fact, shows that time apparently is in short supply for Nam Vets. Nothing is written in stone; however, on average, these stats are quite convincing, and perhaps discomfoting to all who are affected.

On the bright side, in most scenarios, there can always be exceptions to all situations, and a certain percent will survive longer. Just who, and how many, is the unknown value...perhaps it is time to start on that "bucket list" that we never seem to have time for! Some Important Data and Statistics: Please read on...

In case you haven't been paying attention these past few decades after you returned from Vietnam , the clock has been ticking. The following are some statistics that are at once depressing yet, in another sense, should give one a sense of pride.

"Of the 2,709,918 Americans who served in Vietnam; less than 850,000 are estimated to be alive today, with the youngest American Vietnam veteran's age approximated to be 54 years old."

So, if you're alive and reading this, how does it feel to be among the last 1/3rd of all the U.S. Vets who served in Vietnam ? Don't know about you, but kinda gives me the chills, considering this is the kind of information we are used to reading about WWII and Korean War vets.

So the last 14 years we are dying too fast, only a few will survive by 2015...if any.

If true, 390 VN vets die a day, on average. So in 2190 days from today, you're lucky to be a Vietnam veteran alive..... in only 6 years..

These statistics were taken from a variety of sources to include: The VFW Magazine, the Public Information Office, and the Forward Observer

### **For Your Information, Statistics for Individuals in Uniform and in Country Vietnam Veterans:**

- \* 9,087,000 military personnel served on active duty during the Vietnam Era (August 5, 1964 - May 7, 1975).
- \* 8,744,000 GIs were on active duty during the war (Aug 5, 1964-March 28,1973).
- \* 2,709,918 Americans served in Vietnam , this number represents 9.7% of their generation.
- \* 3,403,100 (Including 514,300 offshore) personnel served in the broader Southeast Asia Theater ( Vietnam , Laos , Cambodia , flight crews based in Thailand , and sailors in adjacent South China Sea waters).
- \* 2,594,000 personnel served within the borders of South Vietnam (Jan. 1,1965 - March 28, 1973). Another 50,000 men served in Vietnam between 1960 and 1964.
- \* Of the 2.6 million, between 1-1.6 million (40-60%) either fought in combat, provided close support or were at least fairly regularly exposed to enemy attack.

- \* 7,484 women (6,250 or 83.5% were nurses) served in Vietnam .
- \* Peak troop strength in Vietnam : 543,482 (April 30, 1968).

### **Casualties:**

The first man to die in Vietnam was James Davis, in 1958. He was with the 509th Radio Research Station. Davis Station in Saigon was named for him.

- \*\*Hostile deaths: 47,378
- \*\*Non-hostile deaths: 10,800
- \*\*Total: 58,202 (Includes men formerly classified as MIA and Mayaguez casualties). Men who have subsequently died of wounds account for the changing total.
- \*\*8 nurses died -- 1 was KIA..
- \*\*61% of the men killed were 21 or younger..
- \*811,465 of those killed were younger than 20 years old.
- \*\*Of those killed, 17,539 were married.
- \*\*Average age of men killed: 23.1 years
- \*\*Enlisted: 50,274 22.37 years
- \*\*Officers: 6,598 28.43 years
- \*\*Warrants: 1,276 24.73 years
- \*\*E1: 525 20.34 years
- \*\*11B MOS(Infantry): 18,465 22.55 years
- \*\*Five men killed in Vietnam were only 16 years old.
- \*\*The oldest man killed was 62 years old.
- \*\*Highest state death rate: West Virginia - 84.1% (national average 58.9% for every 100,000 males in 1970).
- \*\*Wounded: 303,704 -- 153,329 hospitalized + 150,375 injured requiring no hospital care.
- \*\*Severely disabled: 75,000, -- 23,214: 100% disabled; 5,283 lost limbs; 1,081 sustained multiple amputations.
- \*\*Amputation or crippling wounds to the lower extremities were 300% higher than in WWII and 70% higher than Korea .
- \*\*Multiple amputations occurred at the rate of 18.4% compared to 5.7% in WWII.
- \*\*Missing in Action: 2,338
- \*\*POWs: 766 (114 died in captivity)
- \*\*As of January 15, 2004, there are 1,875 Americans still unaccounted for from the Vietnam War.

### **Draftees Vs.. Volunteers:**

- \*\*25% (648,500) of total forces in country were draftees. (66% of U.S. armed forces members were drafted during WWII).
- \*\*Draftees accounted for 30.4% (17,725) of combat deaths in Vietnam .Reservists killed: 5,977
- \*\*National Guard: 6,140 served: 101 died.
- \*\*Total draftees (1965 - 73): 1,728,344.
- \*\*Actually served in Vietnam : 38% Marine Corps Draft: 42,633.
- \*\*Last man drafted: June 30, 1973.

### **Race and Ethnic Background:**

- \*\*88.4% of the men who actually served in Vietnam were Caucasian; 10.6% (275,000) were black; 1% belonged to other races.
- \*\*86.3% of the men who died in Vietnam were Caucasian (includes Hispanics);
- \*\*12.5% (7,241) were black; 1.2% belonged to other races. 170,000 Hispanics served in Vietnam ; 3,070 (5.2% of total) died there.
- \*\*70% of enlisted men killed were of North-west European descent.
- \*\*86.8% of the men who were killed as a result of hostile action were Caucasian; 12.1% (5,711) were black; 1.1% belonged to other races.
- \*\*14.6% (1,530) of non-combat deaths were among blacks.
- \*\*34% of blacks who enlisted volunteered for the combat arms.

\*\*Overall, blacks suffered 12.5% of the deaths in Vietnam at a time when the percentage of blacks of military age was 13.5% of the total population.

\*\*Religion of Dead: Protestant -- 64.4%; Catholic -- 28.9%; other/none -- 6.7%

### **Socio-Economic Status:**

\*\*Vietnam veterans have a lower unemployment rate than the same non-vet age groups.

\*\*Vietnam veterans' personal income exceeds that of our non-veteran age group by more than 18 percent.

\*\*76% of the men sent to Vietnam were from lower middle/working class backgrounds.

\*\*Three-fourths had family incomes above the poverty level; 50% were from middle income backgrounds.

\*\*Some 23% of Vietnam vets had fathers with professional, managerial or technical occupations.

\*\*79% of the men who served in Vietnam had a high school education or better when they entered the military service. 63% of Korean War vets and only 45% of WWII vets had completed high school upon separation.

\*\*Deaths by region per 100,000 of population: South -- 31%, West --29.9%; Midwest -- 28.4%; Northeast -- 23.5%.

### **Drug Usage & Crime:**

\*\*There is no difference in drug usage between Vietnam Veterans and non-Vietnam Veterans of the same age group. (Source: Veterans Administration Study)

\*\*Vietnam Veterans are less likely to be in prison - only one-half of one percent of Vietnam Veterans have been jailed for crimes.

\*\*85% of Vietnam Veterans made successful transitions to civilian life.

### **Winning & Losing:**

\*\*82% of veterans who saw heavy combat strongly believe the war was lost because of lack of political will.

\*\*Nearly 75% of the public agrees it was a failure of political will, not of arms.

### **Honorable Service:**

\*\*97% of Vietnam-era veterans were honorably discharged.

\*\*91% of actual Vietnam War veterans and 90% of those who saw heavy combat are proud to have served their country.

\*\*74% say they would serve again, even knowing the outcome.

\*\*87% of the public now holds Vietnam veterans in high esteem..

### **Interesting Census Statistics & Those to Claim to Have "Been There":**

\*\*1,713,823 of those who served in Vietnam were still alive as of August,1995 (census figures).

\*\*During that same Census count, the number of Americans falsely claiming to have served in-country was: 9,492,958.

\*\*As of the current Census taken during August, 2000, the surviving U.S. Vietnam Veteran population estimate is: 1,002,511. This is hard to believe, losing nearly 711,000 between '95 and '00. That's 390 per day.

\*\*During this Census count, the number of Americans falsely claiming to have served in-country is: 13,853,027. By this census, **Four out of Five Who Claim to be** Vietnam vets are not.

\*\*The Department of Defense Vietnam War Service Index officially provided by The War Library originally reported with errors that 2,709,918 U.S. military personnel as having served in-country.

\*\*Corrections and confirmations to this erred index resulted in the addition of 358 U.S. military personnel confirmed to have served in Vietnam but not originally listed by the Department of Defense. (All names are currently on file and accessible 24/7/365).

\*\*Isolated atrocities committed by American Soldiers produced torrents of outrage from anti-war critics and the news media while Communist atrocities were so common that they received hardly any media mention at all. The United States sought to minimize and prevent attacks on civilians while North Vietnam made attacks on civilians a centerpiece of its strategy.

\*\*Americans who deliberately killed civilians received prison sentences while Communists who did so received commendations.

\*\*From 1957 to 1973, the National Liberation Front assassinated 36,725 Vietnamese and abducted another 58,499.

The death squads focused on leaders at the village level and on anyone who improved the lives of the peasants such as medical personnel, social workers, and school teachers. - Nixon Presidential Papers.

VA Press Release, 02 Feb 2010

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### **Legal**

**Legal Assistance:** – The website noted in the last issue for Legal Assistance and forms was incomplete. The correct address is: <https://aflegalassistance.law.af.mil/lass/lass.html>. Legal assistance for Wills, Powers of Attorney, Health Care Proxy and Notary Service is available at Hanscom AFB for retirees and their family members entitled to an ID card. Walk-in hours are Friday from 0900-1100 with no appointment. Attorney Consultation is available, by appointment on Monday from 1300-1500 and Wednesday from 0900-1100. Wills and Health Care Powers of Attorney are available by appointment on Tuesday from 0900-1100 and Thursday from 1300-1500. A worksheet must be accomplished prior to the visit and can be obtained by calling 781 377-2361 or downloaded from the Legal Assistance website. Notary Services are available during regular duty hours 0730-1630 Mon-Fri.

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### **Other**

**MOAA Needs Your PCS History**MOAA is seeking data on the family impacts of military-ordered relocations over time. Please take a few minutes and fill out our short survey on how multiple PCS moves affected you and your family over the course of your military career. Please share this link with friends or post it on Facebook or Twitter. The more feedback we get on this survey the better. The survey is included in the Update for Jan 21<sup>st</sup>.

Courtesy, MOAA Leg Update, Jan 21.2011

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**Air Force chief of staff releases 2011 reading list**The Air Force chief of staff announced his latest professional reading list Jan. 21. "Effectively operating within our increasingly dynamic, interconnected and complex world requires steadfast commitment to personal and professional growth," Gen. Norton Schwartz said in a letter to Airmen. "Therefore, professional reading will continue to be vital as we maintain our initiative today and prepare for the future," General Schwartz said. "I am pleased to announce my 2011 reading list, which provides worthwhile options for all Airmen to further their professional education and augment their leadership skills."This year's list contains 14 books divided into three categories: leadership, strategic context and military heritage. General Schwartz will highlight these books throughout the year, and for the first quarter recommends these three: Three Cups of Tea: One Man's Mission to Promote Peace...One School at a Time, by Greg Mortenson and David Oliver Relin, is part of the leadership category and offers an account of a dedicated individual striving to establish peace in Central Asia one school at a time.Technology Horizons: A Vision for the Air Force Science and Technology, by Dr. Werner Dahm, is a selection from the strategic context category that highlights the need for Airmen to anticipate emerging science and technology advances that have the greatest military potential. Finally, The All Americans, by Lars Anderson, is featured in the military heritage category and gives a unique insight into the lives of four football stars who, after playing each other in the 1941 Army-Navy football game just days before the attack on Pearl Harbor, were later united in fighting the Axis powers during World War II. The other books in this year's reading list

are:**Leadership**Partners in Command: George Marshall and Dwight Eisenhower in War and Peace, by Mark Perry; The Lost Peace: Leadership in a Time of Horror and Hope, 1945-1953, by Robert Dallek; Secrets of Special Ops Leadership: Dare the Impossible; Achieve the Extraordinary, by William Allen Cohen**Strategic Context**Monsoon: The Indian Ocean and the Future of American Power, by Robert Kaplan Cyber War: The Next Threat to National Security and What to Do About It, by Richard Clarke and Robert Knake; The Return of History and the End of Dreams, by Robert Kagan; A Savage War of Peace: Algeria 1954-1962, by Alistair Horne; Descent into Chaos: The United States and the Failure of Nation Building in Pakistan, Afghanistan and Central Asia, by Ahmed Rashid

**Military Heritage**Fighter Pilot: The Memoirs of Legendary Ace Robin Olds, by Robin Olds, Christina Olds and Ed Rasimus; Red Eagles: America's Secret MiGs, by Steve Davies; Cataclysm: General Hap Arnold and the Defeat of Japan, by Herman S. Wolk. Read General Schwartz's letter to Airmen. More information on the 2011 reading list can be found at <http://www.af.mil/information/csafreading/index.asp> . (AFNS) -- Jan 21<sup>st</sup>, 2011

\*\*\*\*\***Veterans History Project:**

A major film production company is asking friends of the Library of Congress Veterans History Project (<http://www.loc.gov/vets>) for assistance in locating WWII veterans from the Western European campaign who

currently live in Florida and have interesting remembrances to share. The production company is creating a 6-part television documentary series called "The Last Great Heroes", which follows the Allied Forces from the D-Day landings to Berlin. They plan to interview British, American and Canadian veterans to get a complete picture of the Allied efforts in Western Europe. The program will air on HISTORY (formerly the History Channel) in North America and Channel 4 in Britain. The producer hopes to speak briefly with veterans by phone first and then, toward the end of February, interview several in person. This film is anticipated to reach a wide audience and possibly be incorporated into classroom curricula and public programs. The deadline for this effort is tight. If you're able to help contact the veteran(s) you have in mind for participation, gauge their interest in being interviewed and if they're amenable, send their contact information to Jessica Souva, Library 3 of Congress Tel: (202) 486-1840 / (888) 371-5848 email <[jessica@jsouva.com](mailto:jessica@jsouva.com)> Sen. William Nelson's Office/Tichacek Bulletin Feb 2011

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### **Base Activities**

#### **Commissary Awards**

**ATLANTA, GA** — Do you have an award-winning commissary near you? The Defense Commissary Agency (DeCA) recently honored the best of the 250 commissaries around the world. DeCA's Best Commissary awards recognize overall excellence in commissary operations and service. Winning commissaries were:

**\*\* Best Large Commissary in the United States:**

\*\* Moody Air Force Base Commissary, GA;

\*\* **Best Small Commissary in the United States:** Ft Hunter Liggett Commissary, CA;

\*\* **Best Large Commissary Overseas:** U.S. Army Garrison Grafenwoehr Commissary, Germany;

\*\* **Best Small Commissary Overseas:** Sagamiyama Commissary, Japan; and

\*\* **Best Superstore:** Naval Base San Diego Commissary, CA.

#### **Runners-up and honorable mentions were:**

\*\* **Large U.S. Commissary runner-up:** Norfolk Naval Shipyard Portsmouth Commissary, VA;

\*\* **Small U.S. Commissary runner-up:** White Sands Missile Range Commissary, NM;

\*\* **Large Commissary Overseas runner-up:** Camp Humphreys' Commissary, South Korea;

\*\* **Small Commissary Overseas runner-up:** Kelley Barracks Commissary, Germany;

\*\* **uperstore runner-up:** Ft Eustis Commissary, Joint Base, Langley-Eustis, VA;

#### **Overseas commissary honorable mention award winners:**

\*\* Andersen Air Force Base Commissary, Joint Region Marianas, Guam; Spangdahlem Air Base Commissary, Germany; and U.S. Army Garrison Schinnen Commissary, Netherlands; Fleet, Activities Sasebo Commissary, Japan; Cairo Commissary, Egypt; and Garmisch Commissary, Germany; and

#### **Honorable mention award winners for the Continental**

**United States:** Keesler Air Force Base Commissary, MS; Marine Corps Air Station New River Commissary, NC; Carlisle Barracks, PA; Naval Construction Battalion Center, Gulfport Commissary, MS; Naval Air Station Whiting Field Commissary, FL; and Mountain Home Air Force Base Commissary, ID; and Ft Lewis Commissary, Joint Base Lewis-McChord, WA; Naval Amphibious Base Little Creek Commissary, VA; and Langley Air Force Base Commissary, Joint Base Langley-Eustis, VA.

Army Echoes, Sept- Dec 2010

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#### **Exchanges Have Change "in Store" for 2011**

A new year brings a fresh start and new ideas and the Exchange is no different as the Army & Air Force Exchange Service is embarking on building a better benefit with a host of initiatives for the upcoming year. From what they eat to what's on their feet, Soldiers and Airmen have plenty to look forward to when shopping the Exchange in 2011.

The popularity of concept shops continues to grow as 42 were opened on Army and Air Force installations in 2010. Based on the success of shops such as Izod, Michael Kors, Lauren Ralph Lauren, Vera Bradley and Pink by Victoria's Secret's, more than 20 additional concept shops are scheduled to open this year, giving military shoppers even more options to exercise their Exchange benefit.

On the health and beauty side, the Exchange plans to continue the expansion of its "Beauty Bar" concept. Featuring onsite makeup artists and skin care

consultants, Beauty Bars include innovative brands of prestige cosmetics to meet the needs of young women ages 18-28 and women with darker skin tones. With 23 locations opened since its 2009 launch, an additional 16 Beauty Bars are coming to Army and Air Force Exchanges in 2011. The men's "Grooming Bar," which features shaving and skin care products, will also continue expanding this year after the successful roll out of six locations in 2010. From the face to the feet, the Exchange is expanding its toning/shape-up shoe category as well. The Exchange added Fila and Reebok last year to bring the total to four brands offered in the category. Nike will be added to the stock assortment in 2011 along with toning flip-flops and sandals.

The Exchange is helping shoppers complete their look as it updates and adds new, trendy fashion jewelry. New brands are being added to include popping seasonal colors as well as "must haves" such as hoop earrings, stretch rings with a variety of bold colors and y-neck necklaces with fringes.

The days of the simple electronics counter are no more as the Exchange's PowerZones continue to evolve. 2011 will see the introduction and expansion of new products and consumer technologies to include iPads, computer tablets, netbooks, eReaders and their accessories.

Finally, two successful initiatives that help military shoppers save, social media and Price Cuts, will enjoy high visibility in 2011. Shoppers who follow the Exchange's Facebook page at "AAFES, Your Military BX/PX" and those who have opted-in to the Mobile Marketing program by texting "EXCHANGE" to 95613 will continue to receive coupons through those venues. For 2011, coupons on diapers, toiletries, household cleaning products, paper products and snacks are just a few of the offers coming to users' "walls" and phones. The Price Cut program offers frequently purchased items offered at a lower price for a limited time. While a majority of these products include health and beauty care, more snacking items and candies will be added in 2011.

Press Release, Jan 31, 2011

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**Helpful Hints For Winter** Keep your headlights clear with car wax! Just wipe ordinary car wax on your headlights. It contains special water repellents that will prevent that messy mixture from accumulating on your lights - lasts 6 weeks. Squeak-proof your wipers with rubbing alcohol! Wipe the wipers with a cloth saturated with rubbing alcohol or ammonia. This one trick can make badly streaking & squeaking wipers change to near perfect silence & clarity. Ice-proof your windows with vinegar! Frost on it's way? Just fill a spray bottle with three parts vinegar to one part water & spritz it on all your windows at night. In the morning, they'll be clear of icy mess. Vinegar contains acetic acid, which raises the melting point of water---preventing water from freezing! Prevent car doors from freezing shut with cooking spray! Spritz cooking oil on the rubber seals around car doors & rub it in with a paper towel. The cooking spray prevents water from melting into the rubber. Fog-proof your windshield with shaving cream! Spray some shaving cream on the inside of your windshield & wipe it off with paper towels. Shaving cream has many of the same ingredients found in commercial defoggers. De-ice your lock in seconds with hand sanitizer! Just put some hand sanitizer gel on the key & the lock & the problems solved!

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### Bits & Pieces

**"Government is like a baby.** An alimentary canal with a big appetite at one end and no responsibility at the other."

--- Ronald Reagan [1965 campaign for Governor]

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### Communications

#### FAS is on Facebook

DFAS is now available via Facebook at [www.facebook.com/#!/pages/Defense-Finance-and-Accounting-Service-DFAS/112249422145566?ref=ts](http://www.facebook.com/#!/pages/Defense-Finance-and-Accounting-Service-DFAS/112249422145566?ref=ts). According to DFAS, not only will the site allow for greater exposure to many of the questions and concerns customers have, but will provide another communication tool for the agency to listen to the issues facing its clients and provide answers in a timely and relevant fashion. Plans call for multiple postings each week addressing such topics as military pay for Active Duty, Reserve and National Guard members; military retired and annuitant pay; federal Civilian employee pay; vendor and contractor pay; travel pay; as well as current pay-related issues.

Army Echoes, Sept- Dec 2010

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**What is the difference between http and https?** Don't know how many of you are aware of this difference, but it is worth getting your attention! \*\*The main difference between it is all about keeping you secure\*\* HTTP stands for Hyper Text Transfer Protocol. The S stands for "Secure".. If you visit a website or webpage, and look at the address in the web browser, it will likely begin with the following: http://.

This means that the website is talking to your browser using the regular 'unsecure' language. In other words, it is possible for someone to "eavesdrop" on your computer's conversation with the website. If you fill out a form on the website, someone might see the information you send to that site. This is why you never ever enter your credit card

number in an http website! But if the web address begins with https:// that basically means your computer is talking to the website in a secure code that no one can eavesdrop on. You understand why this is so important, right? If a website ever asks you to enter your credit card information, you should automatically look to see if the web address begins with https://. If it doesn't, You should **NEVER** enter sensitive information....such as a credit card number.\*\*\*\*\*

### **Don't Tell ALL**

Remember that the internet is a public resource. Avoid putting anything online that you don't want the public to see or that you may want to retract.

### **Why is it important to remember that the internet is public?**

Because the internet is so accessible and contains a wealth of information, it has become a popular resource for communicating, for researching topics, and for finding information about people. It may seem less intimidating than actually interacting with other people because there is a sense of anonymity. However, you are not really anonymous when you are online, and it is just as easy for people to find information about you as it is for you to find information about them.

Unfortunately, many people have become so familiar and comfortable with the internet that they may adopt practices that make them vulnerable. For example, although people are typically wary of sharing personal information with strangers they meet on the street, they may not hesitate to post that same information online. Once it is online, it can be accessed by a world of strangers, and you have no idea what they might do with that information.

### **What guidelines can you follow when publishing information on the internet?**

View the internet as a novel, not a diary - Make sure you are comfortable with anyone seeing the information you put online. Expect that people you have never met will find your page; even if you are keeping an online journal or blog, write it with the expectation that it is available for public consumption. Some sites may use passwords or other security restrictions to protect the information, but these methods are not usually used for most websites. If you want the information to be private or restricted to a small, select group of people, the internet is probably not the best forum.

1. Be careful what you advertise - In the past, it was difficult to find information about people other than their phone numbers or address. Now, an increasing amount of personal information is available online, especially because people are creating personal web pages with information about themselves. When deciding how much information to reveal, realize that you are broadcasting it to the world. Supplying your email address may increase the amount of spam you receive (see Reducing Spam for more information). Providing details about your hobbies, your job, your family and friends, and your past may give attackers enough information to perform a successful social engineering attack (see Avoiding Social Engineering and Phishing Attacks for more information).
2. Realize that you can't take it back - Once you publish something online, it is available to other people and to search engines. You can change or remove information after something has been published, but it is possible that someone has already seen the original version. Even if you try to remove the page(s) from the internet, someone may have saved a copy of the page or used excerpts in another source. Some search engines "cache" copies of web pages; these cached copies may be available after a web page has been deleted or altered. Some web browsers may also maintain a cache of the web pages a user has visited, so the original version may be stored in a temporary file on the user's computer. Think about these implications before publishing information since once something is out there, you can't guarantee that you can completely remove it.
3. As a general practice, let your common sense guide your decisions about what to post online. Before you publish something on the internet, determine what value it provides and consider the implications of having the information available to the public. Identity theft is an increasing problem, and the more information an attacker can gather about you,

the easier it is to pretend to be you. Behave online the way you would behave in your daily life, especially when it involves taking precautions to protect yourself

The Military Family Network/ August 2010 Newsletter

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