



RETIREE PERSONNEL

RETIREE ACTIVITIES PROGRAM

NEWS

LOS ANGELES AIR FORCE BASE

Volume XXXII, Issue 2

"STILL SERVING IS OUR MOTTO"

March 2013—Nov. 2013

Director Comments

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Commander's Message

As we begin the new Fiscal Year 2014, many questions are being asked concerning the operations at LA AFB. The 61 ABG will continue to support the retired community just as in the past. Base Exchange, Commissary, Gordon Conference Center, Medical Services, MWR, and Club activities will still be here for your benefit. Belt tightening will be the way of life in the DOD's future but essential services will still be provided. I welcome each of you to enjoy the benefits you have earned and continue to make LA AFB part of your life. Thank you for your service.

Samuel L. McNiel, Col, USAF

Commander, 61st Air Base Group

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Director Comments

The time has come to talk of many things. . . but in my space this month I am addressing the impact of sequestration on our Retired Activities Office. As noted in the past, our office is entirely manned by volunteers (there is always room for more!), so there will be no furloughs or pay cuts. But the Newsletter that was previously mailed out to some ten thousand local retirees will be impacted due to lack of postage funding. We have previously requested e-mail addresses from retirees, and received a good number - well over three hundred. Some of you may not own a computer, but most of you have access to a computer either through a relative or at a local library or senior center. Once you gain access you can establish an e-mail address and send and receive electronic mail. Very likely all those reading this will have done so already, but for those that are reading a printed copy from a friend, we would really like you to get up to speed and join us and the modern world with an e-mail address so we can send this and future editions of our newsletter directly to you.

David McClenon, Col, USAF(Ret)

Director

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Emergency Preparation for Families with Special Health Needs

Disasters present at a serious danger to anyone living in their path, but families with members who have special needs face unique challenges when disaster strikes. These families need to make additional preparations in case worst happens. During emergency TRICARE sometimes waives referral and authorization requirements and allows beneficiaries to obtain extra

doses of their prescription medication. Sign up for state-specific TRICARE disaster alerts at: www.tricare.mil/disaster.

Federal Emergency Management Agency (FEMA) has a template families can use to build their plan at www.ready.gov/make-a-plan.

For more details please visit: www.ready.gov/basic-disaster-supplies-kit

Revised Fitness Center Hours:

We know the reduced hours of the fitness center negatively impacted many individuals and unit workout schedules. We always want to provide the greatest benefit we can to the largest number of installation personnel possible, and we gained additional flexibility to schedule fitness center personnel; therefore, effective Monday July 8, 2013, the new hours for the fitness center will be:

El Segundo: 0500 — 2100 Mon-Fri

0900 — 1700 Sat, Sun, Hol

Ft MacArthur: 0800 — 2000 Mon-Fri

PROTECT YOU AND YOUR FAMILY FROM FRAUD

Effective July 1, 2013, The California Department of Corporations and the California Department of Financial Institutions merged to become the **California Department of Business Oversight**.

For more information: please visit www.dbo.ca.gov or call 1-866-275-2677

MY PAY— The Defense Finance and Accounting Service (DFAS) has announced new password requirements for online access to mypay. Passwords are being rolled out based on the last two digits of a Social Security number. An old password will expire on the date associated with the last two digits on a person's Social Security number. About 10 days before a password expires, myPay users will receive an email advising them to update their password to avoid delays logging into myPay.

Password Expiration Schedule

00-14: June 15, 2013

45-59: August 1, 2013

90-99 :September 15, 2013

15-29: July 1, 2013

60-74: August 15, 2013

30-44: July 15, 2013

75-89: September 1, 2013

myPay users should make sure the email address recorded in their profile is current to ensure they receive these important notices. For more information on creating a new password, including tips on security. For more information on creating a new password, including tips on security, visit the DFAS website at

<http://www.dfas.mil/mypayinfo/tipsandtricks.html>.

TRICARE Benefits—Health care is one of your most important benefits of military service. Servicemembers have access to a robust network of Military Treatment Facilities. In addition, the Department of Defense health care program, known as TRICARE, provides health care benefits for medical services, and dental care for military families and retirees and their survivors. TRICARE gets its name based on the three levels of coverage—TRICARE Prime, Standard, and Extra. TRICARE offers beneficiaries retail and home delivery pharmacy benefits, TRICARE Dental and a program for Medicare eligible military retirees known as TRICAR for life.

Additional info for Military Vets:**Assisted Living Facility ALF**

SeniorLivingSource.org/assisted

Get Free information on a Trusted Assisted Living Facility near you.

VA Loans for Veterans

Www.VeteransUnited.com

Get your Quote online in 2 Mins. See How Much You Could Save.

Senior Citizen Housing

www.OurParentsPlace.com

Get online info, prices, & options
View pictures, floor plans today.

THE HEROES GOLF COURSE

Nestled in the far east corner of the West Los Angeles Veterans Administration (VA) facility and hospital, is one of the "best kept secrets" in West Los Angeles; **THE HEROES GOLF COURSE!** Whether you are a veteran or not, **COME OUT AND PLAY GOLF!** *Everyone's welcome.*

Cost are extremely reasonable, ranging from only \$4 to \$10 per round. **IT'S A HOLE IN ONE!**

For more info on the HEROES GOLF COURSE, please call (310) 473-0710 *Www.heroesgolcourse.com*

11301 Wilshire Blvd. Los Angeles, Ca. 90073

**RETIREEES INVITED**

You're Invited!!! Come one, Come all!!! The Trift Shop at LAAFB welcomes all to use and enjoy the facility. As a customer you get great prices on donated treasures. As a donor, you get to clean out your home of excess items and may also receive tax benefits. As a consignor you receive 70% of the sale. The proceeds are used to fund: military scholarships, free shipping for packages to the deployed, free holidays meals and much more. If you are interested in this wonderful opportunity to serve and get some great deals, please contact Teri Planeaux at 310- 427-4595 or *terinjim@aol.com*

ANNOUNCING 2014 RETIREE EXPO (RAD) 31 MAY 2014

Saturday, 31 MAY 2014 is Armed Forces Retiree Appreciation Day at Los Angeles AFB. Events will begin 0800 in the Gordon Conference Center, located in Building 270. All retired personnel drawing retirement pay from all branches of the service are invited to attend. Join us in this once a year event organized in your honor and in appreciation to you and all you have done for the country.

GAS STATION, COMMISSARY, BASE EXCHANGE & THE CLUB

The BX offers 24-hour "pay at the pump" gasoline service. The service is provided for authorized AAFES customers. A valid military, dependent, or retiree ID card is required when using the pumps. When you use your Military Star Card, you will receive a discount of 5 cents per gallon of gas.

Drop by our Commissary & BX to check out the price and quality of the produce and products offered. You may be pleasantly surprised, and remember, it is tax free. The BX has several attached functions such as the gas station, a food Court with burgers, pizza's, salads and submarine sandwich's.

And, if you are on base during the week, visit the Combined Club, located in Bldg 270. The food is great! They offer breakfast and a hot line, grill, as well as soup and sandwiches during lunch.

Your email is important to us. To receive information between issuance of newsletters, please send your email to us with your name, branch of service, phone number and address. Email to: **RAO.LAAFB@gmail.com**

61 ABG/CVR

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OFFICIAL BUSINESS



U.S. AIR FORCE

This Newsletter is edited and published by the LAAFB Retiree Activities Office for the benefit of military retirees in our area of responsibility. Every effort is made to assure the accuracy of the contents, however, no guarantee of such accuracy should be assumed.

The office is staffed by volunteers. If you have a few hours a week, come in and help our military retiree community. The duties and hours are flexible.

FOR UPDATED BASE INFORMATION GO TO www.LAAFBForceSupport.com

RAO's WEB Site: www.LosAngeles.AF.Mil/RetireeAffairsOffice.asp with Newsletters

To receive regular updates/news flashes, send your request to RAO.LAAFB@Gmail.com

Or look for *THE FORCE* magazine available at the Base Exchange and Commissary