

RETIREE APPRECIATION DAY AGENDA

PLACE: Bliss and Root Halls, U.S. Army War College
DATE AND TIME: Saturday, 25 September 2004 0800-1500

- 0800-0900 Registration (Bliss Hall Foyer) Coffee available
- 0900-0930 Presentation of Colors (Bliss Hall Auditorium)
 Pledge of Allegiance, Invocation, Welcoming Remarks, Speaker Introductions
- 0930-1000 Keynote Speaker
- 1000-1030 Dunham Clinic Update
- 1030-1045 Break/Proceed to Seminar Session #1
- 1045-1150 Seminar Session #1
- 1150 Proceed to Letort View Community Center (LVCC)
- 1200-1330 Luncheon
- 1330-1345 Proceed to & Start Seminar Session #2
- 1450-1500 Reconvene in Bliss Hall-Award of Door Prizes, Farewells

Don't forget that the ID Card Section (Building 315) will be Open from 0800-1330 and Dunham Clinic Pharmacy will be Open from 0730-1130 & 1200-1600!

HOT BUFFET LUNCHEON MENU

Tossed Salad Bowl, Turkey Breast, Beef Burgundy,
 Mashed Potatoes w/Gravy, Garden Vegetables (Broccoli, Cauliflower & Carrots Mix), Fresh Baked Rolls & Butter, Assorted
 Desserts, Water/Coffee/Iced Tea/Tea

COST: \$12 (this includes the 15% gratuity & the 5% service charge)

------(CUT HERE)-----

For Official Use Only

PLEASE MAIL to: Retirement Services Office PRIOR TO 22 September 2004

CARLISLE BARRACKS RETIREE APPRECIATION DAY PRE-REGISTRATION FORM

YES, I would like to be considered for the **Carlisle Barracks Retiree Council!** _____

YES, I would like to be placed on the **Retirement Services E-Mail List!** _____

YES, I plan to attend this year's Retiree Appreciation Day! There will be _____ in my party.
 (Number)

Please make _____ reservations for lunch at the LVCC--\$_____.
 (Number)

I have enclosed **check#** _____ for \$_____, payable to: **Letort View Community Center or "LVCC"**. We are forced to request ***Social Security Numbers be placed on the checks or on the Pre-Registration form below*** because several checks were returned for insufficient funds. I apologize for this request.

The ***TRICARE-for-Life*** (Over Age 65) seminar will be presented in Bliss Hall at 1030. The **TRICARE** (Under Age 65) seminar will begin in Bliss Hall at 1330. The Legal Affairs and VA seminars will be presented during both seminar sessions. Please check the seminars and session number you wish to attend.

<u>BLISS HALL SEMINARS ONLY</u>	<u>SEMINARS OFFERED DURING BOTH SESSIONS.</u>
_____ TRICARE-For-Life (Over age 65) Sess #1(1030-1150) in Bliss Hall Auditorium	LEGAL Sess #1 (1030-1150) _____ Sess #2 (1330-1450) _____
_____ TRICARE (Under age 65) Sess #2 (1330-1450) in Bliss Hall Auditorium	VA Sess #1 (1030-1150) _____ Sess #2 (1330-1450) _____

NAME _____ RANK _____ SERVICE _____ SSN: _____

ADDRESS _____

STATE _____ ZIP _____

EMAIL _____ PHONE (____) _____

For Official Use Only



DEPARTMENT OF THE ARMY
UNITED STATES ARMY WAR COLLEGE AND CARLISLE BARRACKS
CARLISLE, PENNSYLVANIA 17013

REPLY TO
ATTENTION OF

ATZE-GC

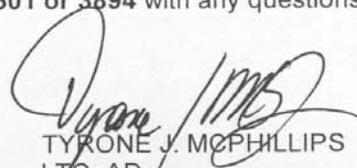
17 Aug 04

MEMORANDUM FOR Military Retirees, Family Members, Survivors and Pre-Retiree Personnel

SUBJECT: Carlisle Barracks Retiree Appreciation Day Invitation

1. You are cordially invited to attend the 30th Annual Retiree Appreciation Day at Carlisle Barracks Root Hall on **Saturday, 25 September 2004**. The keynote speaker, Captain W.G. "Bud" Schneeweis, USCG-Retired, Director of Benefits Information Department, Military Officers Association, will update you on current retiree issues. Seminars will be on **TRICARE (Under Age 65), TRICARE-for-Life (Over Age 65), Veterans Affairs, and Legal Affairs**. The ID Card Section, Building 315 will be open from 0800 - 1330. A "Mini-Health Fair" will be by the Café. Post activities and service organizational representatives will be in Bliss Hall Gym from 0800 - 1000. The post Pharmacy will be open to fill or refill prescriptions from 0730 - 1600, closed from 1130-1200 for lunch. The Commissary will be open until 1700 and the Post Exchange will be open until 1800.
2. Please complete the pre-registration form in this bulletin and **return it no later than 22 September 2004**. If you wish to attend the luncheon at the Letort View Community Center, **you must pre-pay. The cost is \$12 and is non-refundable. Make checks payable to: Letort View Community Center or LVCC**, and mail to: **Retirement Services Office, MPD, Carlisle Barracks, 315 Lovell Avenue, Carlisle, PA 17013-5042**. We also have a Snack Bar at our Bowling Center and Anthony's Pizza at the Post Exchange. Shuttles will be available starting 0730 - 0900 from the marked parking lots on your map. During lunch, shuttles will be available to and from Root Hall, Letort View, Bowling Center and Post Exchange, and finally starting at 1500 from Root Hall to the Parking Lots.
3. This Retiree Appreciation Day is a small gesture of appreciation for your service to our country. Please set this day aside and take the opportunity to join us. Call the Retirement Services Office at **717-245-4501 or 3894** with any questions.

Encls


TYRONE J. MCPHILLIPS
LTC, AD
Garrison Commander

Carlisle Barracks Retiree Bulletin

Military Personnel Division, Carlisle Barracks, Carlisle, PA 17013

August 2004

FYI from Your RSO

The Retiree Appreciation Day at Carlisle Barracks is scheduled for 25 September 2004! Call the ITR Office at 717-245-3309 to make hotel reservations!

Well, another year has come and gone. I am pleased to announce that we have a new Military Personnel Division Chief, Mr. Bill Hoffer, CSM-Army Ret. Also, in addition to being the RSO and Retiree & Active Duty Casualty Affairs Officer, the Transitions & Separations Branch Manager, I am also the ID Card Section Manager. My RSO staff still consists of Jeff, my Assistant and Me! Please be patient if I don't return calls quickly or ask that appointments be made for counseling. I apologize for having the Retiree Appreciation Day (RAD) on Yom Kippur again; I wasn't fast enough to the reserve the LVCC for the 18th. I also wish to apologize for the tardiness of this bulletin, I worked on it at nights but it was a hard product to roll-up. Did you notice that it was sent from PA to GA and mailed back up to PA 3d Class Bulk Mail? **I am continuing my email information listing! If you would like to be a part of this, please "X" the spot on the RAD Pre-Registration form.** Take care & have a great year!

INSIDE THIS ISSUE -

1-2 ← Your Pre-Registration Form and Retiree Appreciation Day Invitation!

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11-12	TF Phone #'s - ID Card Locations
13-14	Military Retiree Web Sites - Directions & Security Page 15 is the Map!

Around the Barracks

Dunham Pharmacy Open on RAD!

The Pharmacy will be open 0730-1600, closed for 1130-1200 for lunch. Refill requests are made by calling 1-800-248-6337 or by web at www.carlisle.army.mil/dahc/dunhamhome.htm. Only scripts filled by Dunham Pharmacy can be refilled. Allow 4 working days to process. To find out if the script is filled, **call 717-245-4509 #2**. New scripts can be filled while you wait.

Changes with the RAD!

We are making changes in this year's event in response to several suggestions. We will have reserved Handicapped parking in front of the Bliss Hall. We are going to reserve several spots for our speakers. Organization Tables were going to be in the Bliss Hall Gym this year but it was decided to keep them in the Café by the Retiree Council at the last moment. Other options for lunch are also advertised. We will have a shuttle bus running in the morning from the parking lots, during time to the LVCC, the Bowling Center and the PX, and at the end of the day back to the parking lots.

The "Strike Zone" Bowling Center is for Everyone!

The "Strike Zone" is a modern 6-lane bowling facility with automatic scorers & snack bar. **For those who wish to enjoy a quick and tasty lunch, the "Strike Zone" will be open on Saturday, 25 September 2004. Show your Retiree ID Card and you & your guest will get a FREE Medium Soda with lunch.** League play & open bowling are scheduled all year. Winter Leagues are forming! Special activities and parties may be planned. Arrangements include food, Cosmic Bowling with *Lazar Lights*, *Thunder Sounds & Glow Bowling*. You can even choose your music! For reservations and information call **717-245-4109**

Finance Update

Retirees Mail/Fax to: DFAS-US Military Retirement Pay, PO Box 7130, London, KY 40742-7130 or fax **1-800-469-6559**. Toll Free Phone: **1-800-321-1080**

Annuitants Mail/Fax to: DFAS-US Military Annuity Pay, PO Box 7131, London, KY 40742-7131 or TF FAX# **1-800-982-8459**. Toll Free Phone : **1-800-321-1080**

My Favorite Finance Questions...

....ok, what's the countdown to when I can stop paying for the Survivor Benefit Program??

The unofficial countdown, as of Oct 2004, will be **48 more payments!** If you started paying for the SBP from 1972 thru Sep 1978, you'll be able to enjoy your **full retirement** pay on Oct 2008!

...How is it going to affect my taxes when my retirement pay is totally taxable???

When you stop paying for the SBP and your taxable income is higher, you'll be paying more in taxes.

	Before Oct 2008	After Oct 2008
Ret Pay	\$1500	\$1500
SBP Cost	- \$130	\$ 000
Taxable Income	\$1370	\$1500
Fed Tax Married/1	\$ 46	\$ 58
Net Pay	\$1324	\$1442

...Fine, when can the rest of us stop paying for the SBP?

Remember you have to pay 360 payments and be 70 years old! If you retired before age 40, you'll have to pay longer. Hey, don't shoot the messenger!

	Sample	Your Info
Year/Month//Age at Ret	1979/10// 40yrs	/ //
+ Years to Pay	+30/00/ +30	+30/00 // +30
Year/mo//Age	2009/10// 70	/ //

VA NEWS

VA Regional Office **1-800-827-1000**.

A Very Good Question...

What Veteran Benefits are available through the Counties of Pennsylvania?

Burial Allowance

County burial allowances (each county gives a different amount) are given to vets and spouses of deceased vets. The Allowance is given whether or not the person died in the county or was buried in the county. Application for the allowance must be made within 1 year after the date of death.

Grave Markers

A county grave marker is given to deceased vets. The first grave marker is provide free of charge by the county in which the deceased servicemember had legal residence at the time of death, whether or not the vet died in the county or was buried in the county. The county where the vet is buried may replace replacements of deteriorated or missing markers.

Government/Private Headstones

County headstone allowances are given for qualified vets. The 1-time expense shall be borne by the county in which the vet had legal residence at the time of death, whether or not the vet died in the county or was buried in the county. There is no time limit to apply for the benefit.

Marriage and Divorce Records

Certified copies of marriage and divorce records are issued without cost to disabled wartime vets, or members of the armed forces, or by or in behalf of any such vet or member of armed forces.

Discharge Certificates

Honorable discharges are recorded free at the court-house of the county seat. It is highly recommended to ensure the Discharge Certificate information is not considered pubic record.

Contact your local County Vet Director in your County Court House for more information. Look in the Government Offices, Counties, and Veteran Affairs in your phone book

TRICARE INFO

Your Local Health Benefits Advisors

Dunham Clinic, Carlisle Barracks	717-245-3924
Naval Br Clinic, Mechanicsburg	717-605-6137
Army Health Clinic, New Cumberland	717-770-4941
Tobyhanna Army Depot, Tobyhanna	570-895-7225
Naval Air Sta, Willow Grove	215-443-6357
C.E. Kelly Suppt Ctr, Oakdale	724-693-2475

Listing of HealthNet Tricare Region North, TRICARE Svc Centers for Walk-in Assistance!

- HealthNet Tricare Reg North, Carlisle Barracks, DUNHAM Health Clinic, **Carlisle, PA** 17013
- HealthNet Tricare Reg North, 333 Rouser Road, Building 4, **Coraopolis PA** 15108

Major TRICARE Changes!

For those on TRICARE (Under Age 65) – The TRICARE Administrator for Pennsylvania changes on 1 September 2004 from Sierra Military Health Services to **HealthNet Federal Services**. With these changes come new phone numbers, new addresses, and a new web site! Please see the table on page help with the upcoming changes.

For those on TRICARE-for-Life (Over Age 65) – The TRICARE-for-Life Administrator for Pennsylvania changes on 1 September 2004 from Sierra Military Health Services to **Wisconsin Physicians Service**. Again, with these changes come new phone numbers, new addresses, and a new web site! Please see the table on page .

For both TRICARE (Under Age 65) & TRICARE for Life (Over Age 65) – The PharmaCare Local Prescription Program has changed to the **DoD TRICARE Retail Pharmacy (TRRx) Program** on 1 June 2004. The new TRRx Program is administered by ExpressScripts. There have been some “hiccups” but most of the problems have been ironed out. Please see the table on page .



The Retirement Services Office & the Carlisle Barracks Retiree Council publishes the Carlisle Barracks Retiree Bulletin.

Comments should be mailed to Theresa A. Derr, RSO MPD, Carlisle Barracks 315 Lovell Avenue Carlisle, PA 17013-5042 or call (717) 245-4501 or email at Theresa.derr@carlisle.army.mil

*Request **USN, USAF, USMC, USCG, (Retired), Survivors** & those who **specialy** requested the Bulletin, write with any address changes.*

USA Retired & Army Annuitants do not have to mail your address changes! Your address changes come from DFAS-Retired & Annuitant Pay Centers!

Carlisle Barracks Retiree Bulletin

Where can I get the Combat Related Special Compensation Forms? I added the CRSC-Army Website to the list of websites on page 9. The form can be downloaded. However, I'd be glad to mail one to you! Please wait until AFTER the Retiree Appreciation Day! Call me at 717-245-4501

NEWS FLASH! For those waiting to enroll in MEDICARE after age 65 & those who are waiting for their MEDICARE Overpayment Refund... **you should be getting forms in September!** You won't have to do anything to enroll; it'll be automatic! The "Grape-vine" hasn't informed me on how the refund will work...but it will be soon!

NEW TRICARE CHANGES....

TRICARE (Under Age 65)

Start Date...	Will be on 1 Sep 2004
Region	Region North
Administrator	Health Net Federal Services
Website	https://www.hnfs.net/bene/home (Notice the S in https://)
Phone Number	1-877-874-2273 (Don't Press anything to bypass the automated system & talk to a human!)
TRICARE Claims	Health Net Federal Svc., Inc. C/o PGBA, LLC/TRICARE Claims PO Box 870140 Surfside Beach, SC 29587-9740

TRICARE-for-Life (Over Age 65)

Start Date...	Will be on 1 Sep 2004
Region	Covers ENTIRE USA!
Administrator	Wisconsin Physicians Service
Website	https://www.tricare4u.com (Notice the S in https://)
Phone Number	1-866-773-0404 (Press * to talk to Human!)
TFL Claim Submission	Wisconsin Physicians Service (WPS)/TFL PO Box 7890 Madison, WI 53707

Change from "PharmaCare" to "DoD TRICARE Retail Pharmacy (TRRx) Program" (FOR EVERYONE!)

Start Date...	Was on 1 June 2004
Region	Covers ENTIRE USA!
Administrator	ExpressScripts
Website	http://member.express-scripts.com/dodCustom/home.do
Phone Number	1-866-363-8779
TFL Claim Submission	Express Scripts, PO Box 66166, St. Louis, MO 63166-6518

Please Note! The TRICARE Mail Order Pharmacy Program has not changed!

Their Website is www.express-scripts.com. Phone Number is 1-866-363-8667!

Two Questions that I'm asked all the time when I do my Pre-Retirement Briefings. **Can we get Hearing Aids and can we get Glasses?**

The Answer #1. YES! You can get Hearing Aids through the Military Treatment Facilities...sort of.

First of all, the military retiree can get the Hearing Aids, **but they are not free**. There is a Dept. of Defense program called **The Retiree-At-Cost Hearing Aid Program (RACHAP)**. Military retirees can purchase hearing aids in participating military facilities at government cost. The hearing aids are bought directly from the manufacturer. Some of the closest military facilities that participate are **Walter Reed Army Hospital, Washington DC (202)782-6643, and Andrews AFB, MD 1-888-999-1212**. Here are the steps in getting the hearing aids.

1. Call TRICARE **1-877-874-2273** or TRICARE-for-Life **1-866-773-0404** for an appointment in the Audiology/ENT Clinic.
 2. During the appointment, you will be given hearing tests to determine the need for the Hearing Aids. If you do need the aids then they will obtain the necessary data to help with the selection of the hearing aids.
 3. If you decide to purchase. You can select the ones you want and the Clinic will order them for you. You must pay for them in full at the time of the order. The clinic will also take the measurements necessary to ensure a proper fit.
 4. The new hearing aids should arrive at the Audiology clinic in about a month. You'll then have another appointment for the fitting, adjustments and instructions. Hearing aids cost from \$450 - \$1200 each depending on the type of hearing aid selected. For a list of the other military treatment facilities that can participate in this program, check out www.militaryaudiology.org/rachap/state.html.
-

The Answer #2. YES! You can get glasses through the Military Treatment Facility...kind of.

Again, the glasses are for the military retiree only. Spouses and dependent children can get the exams and the prescriptions. You can make the appointments **717-245-3400** at the DUNHAM Clinic at Carlisle, PA. The Retiree can order the **free, ugly (I'm sorry, but those glasses ARE ugly) huge, thick-framed, Brown, glasses!** It'll take about a month to get those things in, and you get to pick them up. Another option is to go to our Optometry Shop (**717) 249-5150** at the Post Exchange to select new beautiful, not free, but still **TAX-FREE** glasses using your new prescriptions. Spouses and dependent children can get their glasses at the optometry Shop too. Hint, Hint...You might as well get the new glasses at the optometry Shop...your other **Free** Glasses are going to come up missing or broken shortly after you go home with them anyway.



Commonwealth of Pennsylvania Veterans Benefits

Bureau for Vet Affairs; PA Dept of Military & Vet Affairs; Annaville, PA 17003 1-800-54PA Vet

Philadelphia (215) 381-3040

Wilkes Barre (570) 826-6244

Pittsburgh (412) 395-6225

State Veterans Homes – Veterans must have served the Armed Forces or PA NG, honorable discharged, resident of PA and shows a financial need. Spouses and surviving spouse of eligible vets may also apply. There are homes in Hollidaysburg (814)-696-5201, Erie (814)-871-4531, Spring City (610)-948-2400, Scranton (570)-961-4300, Pittsburgh (412)-665-6706, and Philadelphia (215)-965-5900.

Scotland School for Veteran's Children – The natural or adoptive parent, grandparent, aunt, uncle must be honorable discharged or died on active duty, parents of a child must have lived in PA for 3 straight years, at-risk children must be 6-15 years old. Call 717-264-7187.

Veterans Emergency Assistance – provides aid in an emergency & temporary basis to veterans, widows, and dependant children.

Educational Gratuity – Children between age 16&23 of vets who are 100% wartime service connected or died in active duty.

Real Estate Tax Exemption – Real Estate taxes on building and land occupied by veteran as a principal dwelling, if vet has 100% service-connected disability and a financial need is shown. Upon death of qualified vet, exemption passes to unmarried surviving spouse if financial need is shown.

Blind Vet Pension – Pension of \$150 per month for any vet who gave PA as place of residence when entering military, while performing duties, suffered injury or incurred disease which caused loss of vision so the visual acuity is with the best correcting lens is 3/60 or 10/200.

Paralyzed Vet Pension – Pension of \$150 per month for any person separated under honorable conditions from the Armed Forces, who gave PA as the place of residence at time of entering the military, and who currently lives in PA. Vets qualify if they suffered an injury or disease causing the loss or loss of use of two or more extremities during a period of war or armed conflict or resulting in hostilities during combat-related activities in peacetime.

Educational Grants for Vets and POW/MIA Dependants – Qualified vets are eligible for state grants while they are full-time undergrad students. For more information call 1-800-692-7435.

Civil Service Preference – Honorably discharged vets, Surviving Spouses and spouses receiving a PASSING score on a state Civil Service exam are given an additional 10 points on initial appointment only. Contact the PA Civil Services Commission at 717-787-6039

State Retirement – Purchase credit for at least 3 years of Active Duty Military time

Birth & Death Certificates – Copies of birth & death records sent to vets & dependents without cost. Phone (724) 656-3100.

Vehicle Registrations for Severely Disabled Vets, Disabled Vet, Ex-POW and Purple Heart Recipients – the VA or Branch of Service must certify all Vehicle Registrations.

Parking Placard-Disabled – Free to disabled vet, having a service-connected disability.

Veterans Employment – Veterans Employment Representatives to assist vets with job counseling & placement

Free Fishing License – Disability incurred in war or armed conflict causing loss or loss of use of 1 or more limbs, total blindness or has 100% disability.

Free Hunting License – Vet of any war whose Disability consists of loss or loss of one or more limb or has 100% VA Disability.

Antlerless Deer License – Upon application to the county of choice, regardless of county allocation. Fee is same as the regular or military antlerless license.



Your Retiree Appreciation Day!



Check out some of the changes that we made this year!



1. **Respectfully Request** that the parking along the front of the War College be reserved for **Handicapped Parking**.



2. **Handicapped available** accessibility by the Root Hall Gym.



3. Don't forget that the **ID Card Section** will be open from 0800-1330! The **Bookstore in the War College** will be open from 0800-12 noon, we are going to have **coffee and pastries** in the Joint Deli (the café in the War College), and the **Dunham Clinic** will have a **Mini-Health Fair** in the Mary Walker Room and the **Dunham Clinic Pharmacy** will be open from 0800-1600!



4. **More advertised choices for lunch**. Enjoy the Lunch Buffet lunch at the **Letort View Community Center (LVCC)** that has to be **Pre-Paid**; enjoy a tasty lunch at the **"Strike Zone" Bowling Center** or a slice of **Anthony's Pizza** at the Post Exchange. There is also the **19th Hole Snack Bar** at the **Golf Course**, but it is not handicapped accessible, and has more than a few stairs to go up.



5. **Shuttle Bus** service in the morning from the parking lot in front of the Bouquet Hall (Building 45, Also known as the Garrison HQ), the Parking Lot in front of the Human Resources/Military Personnel Division, Building 315 (also known as the ID Card Section Building) and Bliss/Root Hall. During Lunch, the shuttle will go between the Bliss/Root Hall and the LVCC, the Bowling Center & the PX. Finally, there will be a shuttle from Bliss/Root Hall to both of the Parking Lots.



HANDY POST PHONE NUMBERS

717-24x-xxxx

DUNHAM HEALTH CLINIC

Clinic Information	5-3915
Health Benefits Advisors	5-3918/53924
Immunizations	5-3608
Medical Records	5-3915/3911
Patient Appointments	5-3400/1-877-874-2273
Patient Appointment Cancellation Line	5-3325
Pharmacy	5-4509
Pharmacy (Phone-in Refill)	1-800-248-6337
Space Available Appointments	5-3865

OTHER POST PHONE NUMBERS

Army Community Services	5-4357
Army Emergency Relief	5-4357
Art Studios	5-3319
Automotive Center	5-3319/53000
Barber Shop (PX)	249-4958
Barracks Crossing (Art, Frame, Auto)	5-3319
Beauty Shop (PX)	258-3202
Bowling Lanes	5-4109
Catering (Letort View Community Center)	5-3960
Class Six Store	5-2275
Commissary	5-3105
DEERS/ID Cards Section	5-3533
Education Center	5-3943
Financial Counsel	5-4703
Framing Studio & Custom	5-3319
Guest Housing Reservations	5-4245/53817
Golf Course	243-3262
Grandstand Fitness Center	5-3228
ID Cards Section (DEERS)	5-3533
Invitation Ticketing & Registration Ofc	5-3309/54048
Jim Thorpe Fitness Center	5-4375/54029
Laundry & Dry Cleaning (PX)	258-1856
Legal Assistance/Appointments (JAG)	5-4940
Letort View Community Center	5-3991
Military Heritage Foundation	258-1102
Military Police (Vehicle Registration&Decals)	5-4929
Optical Shop (PX)	249-5150
Outdoor Recreation Rentals	5-4375
Passports/VISAs	5-3158
Post Exchange	243-2463/2065
Retirement Services Office (Military)	5-4501/3894
Survivor Assistance Office (Military)	5-4501/3894
Theater (Post)	5-4108
Thrift Shop	243-1434
Veterinary Treatment Facility	5-4168
Weekly Bulletin	5-3520

HANDY TOLL-FREE NUMBERS

Armed Forces Vacation Club (Resort Condos)	1-800-724-9988	
ARMY Reserve HR Retirement Benefits, St. Louis, MO	1-800-318-5298	
Bureau of Veterans Affairs, Ft Indiantown Gap	1-800-547-2838	
DEERS Update/Information	1-800-538-9552	
Social Security	1-800-772-1213	
Federal Long Term Nursing Care Insurance	1-800-582-3337	
MEDICARE	1-800-633-4227	
Retirement Pay Center, Cleveland, OH	1-800-321-1080	
Retirement Pay Center, Casualty Line, Cleveland, OH	1-800-269-5170	
Survivor Benefits Annuity, Cleveland, OH	1-800-321-1080	
TRICARE Claims Information (Under age 65)	1-877-874-2273	
TRICARE Delta-Select Retiree Dental Program	1-888-838-8737	
TRICARE For LIFE! (Over age 65)	1-866-773-0404	
TRICARE General Information/Assistance	1-877-874-2273	
TRICARE Mail-Order Pharmacy Program	1-866-363-8667	
TRICARE Retail Pharmacy (TRRx) Program	1-866-363-8779	
TRICARE Service Center	1-877-874-2223	
VA Agent Orange Hotline	1-800-749-8387	
VA Insurance Information (NSLI)	1-800-669-8477	
VA Insurance Information (VGLI)	1-800-419-1473	
VA GI Bill Information	1-888-442-4551	
VA Gulf War Vets	1-800-749-8387	
VA Regional Office (General Questions)	1-800-827-1000	
VA TDD (Telecomm. Device for Deaf)	1-800-829-4833	
<u>OTHER ID Card Sections in Pennsylvania - For More Sites & Information, see page 13</u>		
TOWN	SERVICE	PHONE
Annville	Army National Guard	717-861-8693
Allentown	National Guard Armory	610-821-6533
Allentown	US Navy Reserve Center	610-264-8823, Press 1
Avoca	US Navy Reserve Center	570-457-8430
Carlisle	Carlisle Barracks-US Army	717-245-3533
Coraopolis	Air National Guard	412-474-7485
Ebensburg	US Navy Reserve Center	814-472-5083
Erie	US Navy Reserve Center	814-866-3073, Press 0
Johnstown	US Army Reserve Center	814-288-5087
Middletown	Air National Guard	717-948-2283
New Cumberland	USA	717-770-7111
Norristown	US Army Reserve Center	610-239-1803
Oakdale	US Army	724-693-2475/6
Pittsburgh (IAP)	US Air Force Reserve	412-474-8526
Pittsburgh	US Navy Reserve	412-673-0809
Reading	US Navy Reserve	610-378-0164
Tobyhanna	US Army	570-895-7409
Willow Grove NAS	US Navy	215-443-6863
Willow Grove NAS	Other Reserve & National Guard Sites	215-443-1402/1186/6712/1580

Pennsylvania Military ID Card Locations

Including Ft Detrick, MD, Horseheads, NY & Vienna, OH

Location	Service	POC	Phone	Notes
AG HQ State FTIG Bldg 7-3 Annville PA	ARNG	SGT Osborn	717-861-8693	M-F 0815-1045 & 1315-1545
NG Armory Allentown PA	ARNG	MaryAnn	610-821-6533	Mon - Fri 0800-1630
NMCRC Lehigh Valley Allentown, PA	USNR	YN2 Brommer	610-264-8823 Press 1	Mon-Fri 0800-1500
NRC Avoca PA	USNR	YN1 Roolay	570-457-8430 Press 1,2	Appt Only Thurs 0800-1100
Carlisle Barracks Bldg 315 Carlisle PA	USA	Mr. Aurand Mrs Balestrini	717-245-3533 717-245-4321	Mon-Fri 0730-1430
171 MSF Coraopolis, PA	PAANG	Mr. Cadero	412-474-7485	Tues-Fri 0730-1400
Letterkenney Chambersburg PA	USA		717-267-8751	Mon-Fri 0700-1430 Call 1 st ! Takes Appts
NMCRC Ebensburg PA	USNR	PN2 Webster	814-472-5083	Appt Only Tues, Thur 0900-1130
NMCRC Erie PA	USNR	PN1 Taylor	814-866-3073 Press 0	Tues-Thu 0900-1400
464 th Chemical Johnstown PA	USAR	Kim Strazary	814-288-5087/	Appt Only Mon-Fri 0900-1500
193d MSF Middletown PA	PAANG	SSGT Bair	717-948-2283	Tues-Fri 0800-1400
DDC, Bldg 2001 New Cumberland PA	USA	Mr. Shuman	717-770-7111 Press #3	Mon-Fri 0600-1500
358 th CAB Norristown PA	USAR	Conrad	610-239-1803, Ext 325	Appt Only Thur 0800-1130 & 1300-1430
Charles E. Kelly Spt Ctr Oakdale, PA	USA	Mr. Brown	724-693-2475	Tues, Wed, Thur, Fri 0800-1500 Saturdays 0800-1330
911 AW/MSMAC Pittsburgh	USAFR	Robert Zak	412-474-8526	Mon-Fri 0800-1400
NMCRC Bldg 108 Pittsburgh PA	USNR	PN2 Webber	412-673-0809 x108	Tues-Thurs 1300-1500 CALL FIRST!
NMCRC Reading PA	USNR		610-378-0164	Tues & Thur 1200-1430
Tobyhanna Army Depot Tobyhanna PA	USA	Jerry	570-895-7409	Tues,Wed,Thur 0930-1100 & 1230-1430
PSD Willow Grove NAS	USN	Ms. Riley	215-443-6863	Mon-Tues,Wed,Fri,Sat 0730-1400 Thurs 0730-1130
1215 GSA Willow Grove NAS	USAR		215-443-1580	Use of stairs required! Mon-Fri 0900-1100 & 1300-1400
913 MSS/MSMAC Willow Grove NAS	USAFR	Sherry Hannon	215-443-1186	Mon-Fri 0800-1400
MAG-49 th MAW Willow Grove NAS	USMCR	MSG Mosby	215-443-6712	Use of Stairs required! Mon-Fri 0830-1100&1300-1500
111 th Fighter Grp Willow Grove NAS	PAANG	MSGT Luck	215-443-1402	Tue,Wed,Thur 0900-1100&1300-1500 Fri 0900-1100
MPD 1520 Fredman Dr. Ft Detrick, MD	USA	Erik Ledesma	301-619-2191	Mon-Fri 0900-1600
NRC Horseheads Horseheads, New York	USNR		607-732-7950 Press 219	CALL FOR APPT! Tue & Thur 0800 - 1100
910 th AW Youngstown ARS, Vienna, OH	USAFR	Kelly Turner	330-609-1087	Mon-Fri 0800-1500

Reminder! Call first to ensure hours are correct!

MILITARY RETIREE WEB SITES!

1. Air Force Retiree News www.afpc.randolph.af.mil/afretire
2. Arlington National Cemetery www.arlingtoncemetery.org
3. Armed Forces Recreation Centers <http://www.armymwr.com/portal/travel/recreationcenters>
4. Armed Forces Recreation Centers in Europe <http://www.afrc europe.com/home.html>
5. Armed Forces Vacation Club www.afvclub.com/search.asp
6. Army Morale Welfare and Recreation <http://www.armymwr.com>
7. Army Outdoor Recreation www.armymwr.com/portal/travel/paths
8. Army Retiree News www.armyg1.army.mil/Default.asp?pageid=16f
10. Carlisle Barracks Web Site <http://carlisle-www.army.mil/welcome.asp>
10. Carlisle Barracks Dunham Health Clinic www.carlisle.army.mil/dahc/dunhamhome.htm
11. Army Combat Related Special Compensation www.crsc.army.mil
12. DeltaSelect Tricare Retiree Dental Program www.trdp.org
13. Health Net Federal Services (TRICARE) <https://www.hnfs.net/bene/home>
14. Long Term Nursing Care Insurance www.opm.gov/insure/ltc
15. Medicare www.medicare.gov
16. National Archives and Records Administration <http://www.archives.gov>
17. National Mail Order Pharmacy Program Formulary www.pec.ha.osd.mil/TMOP/TMOPhome.htm
18. Military Records Request by Internet www.archives.gov/research_room/vetrecs/
19. Mail Order Pharmacy Program (ExpressScripts) www.express-scripts.com
20. National Personnel Records Center www.nara.gov/regional/mpr.html
21. Navy Lodges www.navy-lodge.com
22. PA Dept of Mil & Veterans Affairs http://sites.state.pa.us/PA_Exec/Military_Affairs/va/index.htm
23. Reserve and National Guard Retirement Info <https://www.2xcitizen.usar.army.mil/soldierservices/retirement/>
24. Retired and Annuity Pay www.dfas.mil/money/retired
25. Retired and Annuity "My Pay" Sites <https://mypay.dfas.mil/mypay.asp>
26. Social Security www.ssa.gov
27. Space A Travel Information <http://public.amc.af.mil/SPACEA/spacea.htm> or even better try, www.militaryliving.com (click on "Space A Air Travel" on Left side of site-Great but slow)
28. TRICARE Management Activity www.tricare.osd.mil
29. TRICARE for Life <https://www.tricare4u.com>
30. TRICARE On-Line <https://www.tricareonline.com>
31. TRICARE Region North www.tricare.osd.mil/north/default.cfm
32. TRICARE Retail Pharmacy Program <http://member.express-scripts.com/dodCustom/home.do>
33. Veterans Administration Information <http://www.va.gov>
34. Veterans Administration National Cemetery <http://www.cem.va.gov>

**THE CARLISLE BARRACKS SPEED LIMIT IS 15 MPH & PEDESTRIANS HAVE THE RIGHT OF WAY AT THE CROSSWALKS!!
AND BE KIND TO OUR GUARDS, MPs and ID CARD TECHNICIANS!**



IF YOU DO NOT HAVE A DEPT. OF DEFENSE DECAL ON YOUR VEHICLE, YOU MUST COME ON POST THRU THE BACK GATE!

(The Back Gate by the PX & Commissary on Claremont Road)

From Interstate Rt. 81, Exit 52 or PA Turnpike I-76, Exit 226.

1. Follow US Route 11 South, go approx. 2 miles to the Red Light (look for the Blue Carlisle Barracks Direction Signs) at the Sheetz & Exxon Gas Stations. Turn Left onto Harmony Hall Road.
2. Go to Stop sign & turn Right onto Claremont Road.
3. Watch for new Carlisle Barracks Entrance on Left.

**If your vehicle does not have a military decal, you must go into the Visitor Lane.
You must have your Driver's License, Car Registration & Proof of Insurance.**

UPDATED SECURITY INFORMATION!

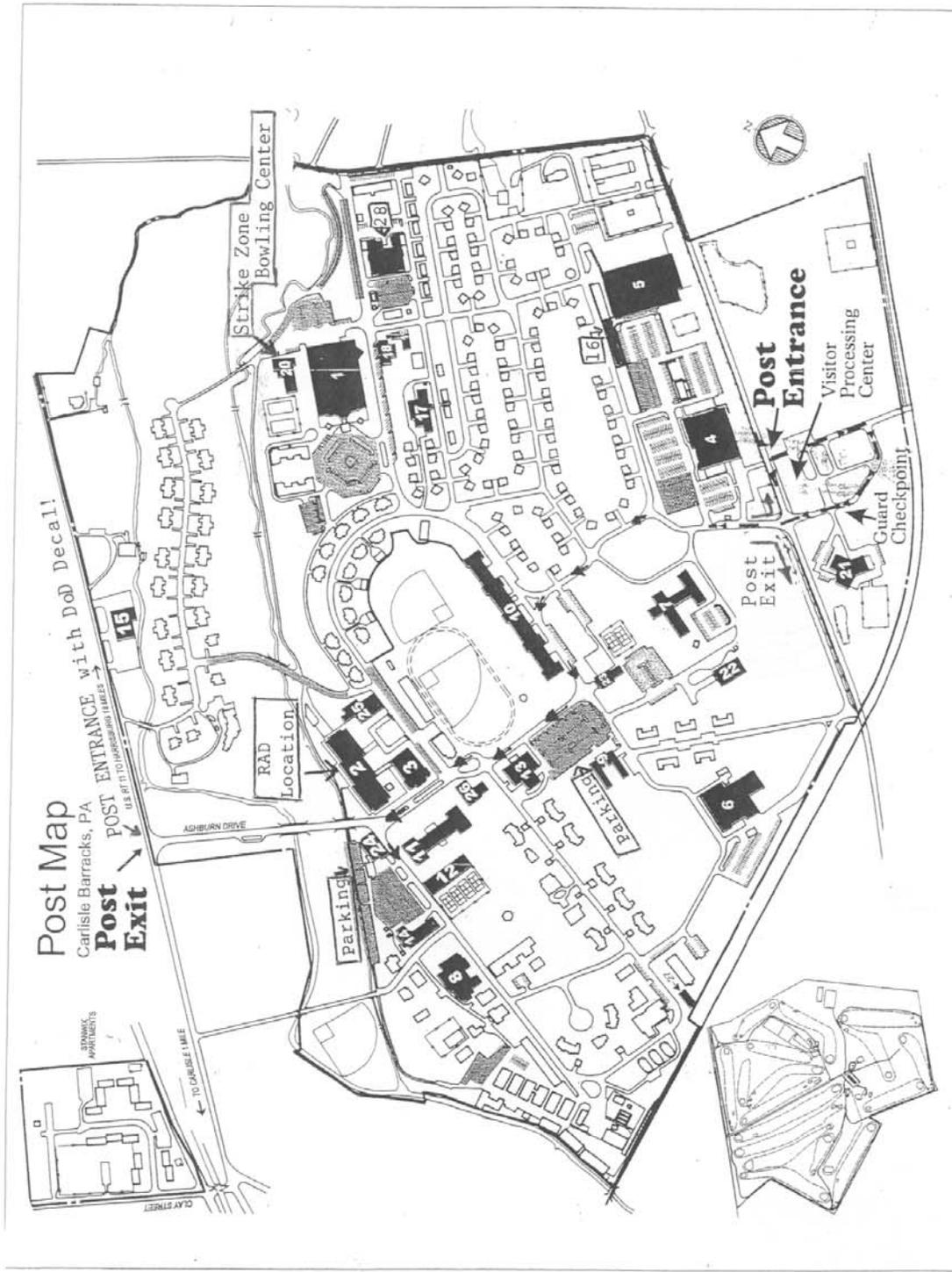
**If you have a DoD Decal, you can come in through the FRONT or BACK Gates! You still have to Show Picture ID's for everyone in the vehicle and vehicles are subject to Inspections.
However, everyone can exit through both the Front & Back Gates now!**

DIRECTIONS TO THE DUNHAM CLINIC PHARMACY, PARKING LOTS, ID CARD SECTION, ROOT/BLISS HALLS (Retiree Appreciation Day Site) from the Back Gate!

1. See the PX & Commissary on your right.
2. At First Stop Sign, Go Left onto Sumner Road.
3. Pass houses on your Right and new Enlisted Barracks on your Left.
4. Go toward Left at the "V" in road on top of small hill.
5. Turn onto Forbes Avenue.
6. At Stop Sign, if you go straight, the DUNHAM Clinic Pharmacy is up the hill on your Left...
8. OR you park in PARKING LOT in front of the Garrison HQ...
9. OR Turn Right onto Ashburn Drive.
10. Go past the Running track & Stadium, Reynolds Movie Theater & Bliss Hall are all on your Right.
11. As you get closer to the Post Exit, you will see a two-story white brick building (Bldg 315).
12. Go on the Left Side of road to make the Left onto Lovell Avenue. A large PARKING LOT is on your Right.
13. Remember that the ID Card Section in Building 315 is open from 0800-1330!

DIRECTIONS TO A PARKING LOT FROM THE FRONT GATE

1. Make a Right at the First Stop Sign!



- | ID Card Section | |
|-------------------------|--|
| 1. Collins Center | 24. Retirement Services |
| 2. Root Hall | 25. Thorpe Physical Fitness Center |
| 3. Bliss Hall | 26. Army Lodging |
| 4. Post Exchange | 27. Housing Office |
| 5. Commissary | 28. Army Community Service |
| 6. Health/Dental Clinic | |
| 7. Chapel | 19. Education Center |
| 8. Letort View | 20. Bowling Center |
| 9. Bouquet Hall | 21. Skill Dev. Center |
| 10. Young Hall | 22. Child Dev Center |
| 11. Mil. Hist. Inst | 23. Provost Marshal Office (Lower Level) |
| 12. Thorpe Hall Gym | |
| 13. Anne Ely Hall | |
| 14. Armstrong Hall | |
| 15. Medical Supply | |
| 16. ITR | |
| 17. Youth Center | |
| 18. Transportation | |