



Coast Guard Retiree Council — Northwest



RETIREE NEWSLETTER

“They Also Serve”

VOLUME IX ISSUE 2

BLORE NEW D13 COMMANDER

Rear Admiral Blore assumed his most recent duties as the Assistant Commandant for Acquisition and Chief Acquisition Officer (CAO) in July 2007. In this capacity, he directed efforts across all Coast Guard acquisition programs and related procurement management, contracting and research and development activities to support the Service’s current \$27 billion acquisition investment portfolio. On 14 July 2009, Rear Admiral Blore will assume the duties of 13th Coast Guard District Commander as he relieves Rear Admiral John P. Currier, who is moving to new a new position.

A 1975 graduate of the U.S. Coast Guard Academy, Rear Admiral Blore initially served aboard the medium endurance cutter *Venturous*. In 1976, he commenced flight training at Naval Air Station Pensacola, Florida, and was designated a Coast Guard Aviator. From 1977 until 1982, he served as a helicopter aircraft commander at Coast Guard Air Station Brooklyn, N.Y., deploying frequently aboard cutters in the Caribbean. During that tour, he participated in the U.S. response to the Cuban Refugee Crisis of 1980. After a subsequent tour as a Program Reviewer and Budget Analyst for the Coast Guard Chief of Staff at Coast Guard Headquarters in Washington, D.C., he transitioned to Coast Guard “Guardian” fan-jets in 1988 and served as an aircraft commander at Coast Guard Air Sta-

tion Cape Cod, Mass. While there, Rear Admiral Blore deployed as executive officer of a 28-member aviation detachment to Manama, Bahrain, during Operations Desert Shield and Desert Storm. In 1992, Rear Admiral Blore became the Group Operations Officer and then Deputy Group Commander for Coast Guard Group and Air Station, Corpus Christi, Texas. Following that assignment, he was selected to attend the Air War College, in Montgomery, Alabama, where he studied national security issues.

In 1997, he became the fourteenth Commander of Group/Air Station Astoria, Ore., where he directed Coast Guard air and motor lifeboat operations along the Oregon and Washington coast.

Following a three-year command tour, Rear Admiral Blore returned to Coast Guard Headquarters in July 2000 for assignment as Chief, Office of Aviation Forces, with programmatic oversight for all 30 of the Coast Guard’s air stations and facilities. From July 2002 to July 2004, Rear Admiral Blore served as the Coast Guard’s Chief, Office of Budget and Programs for the Assistant Commandant for Planning, Resources and Procurement. He was responsible for formulation, justification, and programmatic execution of a \$7 billion budget, Coast Guard policy review, and coordination of external outreach. Upon promotion to flag rank in September 2004, Rear Admiral Blore served as Special Assistant to the President. In that capacity, he was the Homeland Security Coun-



Coast Guard Rear Adm. Gary Blore, assistant commandant of acquisitions, will become the 13th USCG District Commander on 14 July 2009. U.S. Coast Guard photo by Petty Officer 2nd Class Kristofer Navarro

cil’s Senior Director for Border and Transportation Security.

Rear Admiral Blore is a DHS Level 3 Program Manager and holds a Bachelor of Science degree in economics, with honors, from the U.S. Coast Guard Academy. He also has a master’s degree in public policy and administration from Columbia University, where he was selected as an International Fellow. His personal decorations include five awards of the Legion of Merit, two Meritorious Service Medals, two Coast Guard Commendation Medals and the Transportation 9-11 Medal, as well as other service and campaign awards.

Have you read this?

KEEPING THE RETIREE COUNCIL READY FOR THE FUTURE

As everyone knows these are challenging times, financially. We would like to be ready in case Coast Guard should have difficulty financing our printed retiree newsletters at some point in the future. In the interest of being "Semper Paratus," we would like to start building a data base now of those who would be able to receive the Retiree Newsletter by email. Please send your current email address to MailCoordinator@cgretenw.org. We will not use the address for any other purpose. For those who are already receiving the newsletter by email, you do not need to provide your address again.

2009 NATIONAL RETIREE COUNCIL CONFERENCE

I had the honor in of representing our council at the annual meeting of the National Retiree Council in Washington in May. The conference included briefs on many subjects of interest to retirees. We also had the opportunity to hear from the Vice Commandant on the progress of the Commandant's modernization program for the Coast Guard organization. This scope of this effort is too great to cover here, but you can get the full story at www.uscg.mil/modernization/.

Several of the items discussed during the conference may be of immediate interest to you. First, it is not expected that TRICARE enrolment and co-pay fees will increase this year, but given the substantial rise in healthcare costs, fee increases may be considered again next year. As our Service progresses through realignment of its support services delivery, we will continue to have uninterrupted health benefits advisory resources at the TRICARE website www.tricare.osd.mil and via the Coast Guard's toll-free health

E-MAIL NEWSLETTER

Electronic mail notification resumed with the November 2007 newsletter published by the CG Retiree Council—NW. If you have already signed up for this notification, it is not necessary to submit a change. To add your name, or change your prior e-mail address, use the Retiree Council—NW website: <http://www.cgretenw.org>. To make the change "click" on **Feedback**.

benefits telephone hotline, 1-800-9HBAHBA.

Retirees who had active service after 11 September 2001 may be eligible substantial educational benefits under the Post 9/11 G.I. Bill even if they used all of their G.I. Bill benefits under earlier programs. If you think you may qualify, learn more at www.gibill.va.gov.

The National Retiree Help Desk continues to help thousands of retirees and their spouses find answers to their questions about the many retiree benefits available. Volunteers across the country support the program by serving on-call a few days each month. New volunteers are always needed and a robust training program is in place to help get new volunteers up to speed. If you wish to give some of your time as a "watchstander" for this worthy program or if you have questions concerning your retiree benefits, please contact the Help Desk toll-free by telephone at 1-866-664-6245 or by email at nrhdesk@gmail.com.

Finally, all retirees are reminded of recent changes to the way federal income tax withholdings are computed under new tax tables issued on 1 April 2009. You may need or want to file a new IRS Form W-4 to insure that you are not "under withheld" when tax time comes next 15 April.

To be honest, for me the best part of the conference was the chance to get "reblued" while at Coast Guard Headquarters for three days. It was clear after seeing and meeting so many young Coast Guard men and women during the conference that our Service still draws the very best. We can all be proud of the way they have carried on the legacy. Our Service remains in good hands and it provides incredible value to the nation!

~RADM Bert Kinghorn, USCG, (ret) Co-Chairman

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TRICARE HELPS FAMILIES FACE AUTISM

Brian P. Smith, TriWest Healthcare Alliance

Autism delays the development of important life skills.

Most people may take these social and communication skills for granted, but autism-related delays and problem behaviors usually start in infancy and can last a lifetime. Life is challenging not only for the diagnosed child, but for parents and siblings, too.

Talk to your child's primary care manager if you have concerns about your child's development. Developmental delays may have a number of root causes, but treatment is most effective with early intervention.

For an autism diagnosis, Applied Behavior Analysis (ABA) may help reduce problem behaviors and teach new skills, according to the National Institute of Child Health and Human Development. TRICARE's Enhanced Access to Autism Services Demonstration allows eligible active duty military families access to certain ABA services.

The demonstration benefit is growing to help families get the care they need. In the past three months, the number of Autism Services Demonstration supervisors has doubled in the TRICARE west region. TRICARE recently increased the annual benefit reimbursement limit for certain Extended Care Health Option (ECHO) services, including the Autism Services Demonstration, by 20 percent.

TRICARE implemented a fiscal year (Oct. 1 to Sept. 30) ECHO reimbursement limit of \$36,000. Certain ECHO services remain subject to a \$2,500 monthly cap and count towards the fiscal year limit, with the exception of the following services that have no monthly cap but also accrue to the fiscal year limit:

- training
- rehabilitation
- special education
- assistive technology devices
- institutional care
- certain transportation
- services under the Autism Services Demonstration

Children eligible for the Autism Services Demonstration must have an active duty sponsor, be living in the United States, be age 18 months or older, and be enrolled in the ECHO program through their regional TRICARE contractor. A TriWest Healthcare Alliance ECHO case manager helps eligible families in TRI-



CARE's 21-state west region to enroll into the ECHO program and the demonstration, find providers and get the required

authorizations. TriWest also offers an interactive state-by-state directory of contracted EIA supervisors in the TRICARE West Region online at www.triwest.com/autism.

Registered users can also track reimbursements throughout the year by logging on to a secure www.triwest.com account to view past and current explanations of benefits. Beneficiaries who use ECHO are also responsible for monthly cost-shares based on the sponsor's pay grade. Cost information is available at www.tricare.mil/costs.

TriWest's ECHO case manager can help explain the program, the benefits and the costs. A case manager directory is available online at www.triwest.com/beneficiary/echo. You may also call 1-888-TRIWEST (874-9378) for assistance.

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CGCWOA REUNION



The Coast Guard CW Operators Association (CGCWOA) is an organization comprised primarily of former members of the USCG who held the enlisted rating of Radioman (RM) or Telecommunications Specialist (TC), and who employed International Morse

Code (CW) in their routine communications duties on Coast Guard cutters and at shore stations. They are holding a reunion in Seattle, Washington from September 14 - 20, 2009. Goto their website to get details and register. www.comm-one.org

The Coast Guard Compass

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SERVICE BLOG - THE COAST GUARD COMPASS

1. The Coast Guard has been making history with its outreach efforts in social media, moving ahead in becoming a more transparent, change-centric organization. This effort will prepare us to meet increasingly complex mission demands and maximize the use of technology that moves faster than ever and in new ways. In order to further our efforts in social media, we are launching the Coast Guard Compass, the official service blog. The Coast Guard Compass will be hosted at <http://coastguard.dodlive.mil>, alongside the blogs of the other military services
2. The Coast Guard Compass will be an important social media outlet to engage the public about the Coast Guard. This is not a site for press releases or a journal talking about the Coast Guard, but a new outlet to talk about the men and women that are the Coast Guard, their missions and the challenges they face.
3. Unlike the all hands blog that is aimed at an internal audience, icomdt that discusses leadership and policy issues, or unit blogs that are area specific, the Coast Guard Compass will cover the service as a whole.
4. The articles posted in the blog will be editorial in nature, like carrying on a conversation with the American public. This will give the people the Coast Guard serves every day a chance to see the human side of the service, to better understand the missions of the Coast Guard from the personal perspective, and to hear how challenges are being addressed. It will also be an outstanding opportunity for people to dialogue with the service in a new and different environment than any other available to them until now.
5. Each day the blog will host an "in the Coast Guard" post that will go over events of the previous day in the Coast Guard. There will also be regular features, when readers can expect longer pieces. There will also be a Friday Guardian of the Week feature, a piece dedicated to recognizing a Coast Guard hero for their stellar work in mission execution or support.

Every unit is encouraged to contact the Coast Guard blogger to nominate a shipmate.

6. The CG Compass will have submission buttons for anyone with a story suggestion, a guest written story or to submit a Guardian of the Week. We encourage you to submit often.

7. Poc is Comdt (CG-0922), Coast Guard blogger LT Anastacia Thorsson at (202) 372-4642, or e-mail: anastacia.v.thorsson@uscg.mil.



Rear Adm. Mary E. Landry,
Official Portrait. U.S. Coast Guard Photo

8. RDML Mary E. Landry, Director of Governmental and Public Affairs, sends.

CUTTER TO BE NAMED FOR FEMALE RESERVE FOUNDER

Information from Vince Patton, MCPOCG (retired)

The U.S. Coast Guard is naming a ship in honor of Purdue University's first full-time dean of women who organized a women's reserve for the service during World War II.

The Stratton, a National Security Cutter, will be the Coast Guard's first white-hull patrol cutter in 20 years named for a woman. The ship, which is the third of eight National Security Cutters to be built, is scheduled to be completed and delivered in 2011.

Stratton, who died in 2006 at the age of 107, became the first full-time dean of women at Purdue in 1933 and also was a professor of psychology.

In 1942 she left Purdue and was commissioned as a full lieutenant in the U.S. Navy as part of the Women Appointed Volunteer Emergency Service, or WAVES. Later in 1942, she was transferred to the U.S. Coast Guard to organize its first women's reserve during World War II.

Stratton coined the reserve's name, SPARS, by using the first letters of the Coast Guard's motto "Semper Paratus" and its English translation "Always Ready." Upon being named SPARS director, she was promoted to lieutenant commander. She was promoted to commander in January 1944 and to captain one month later.

During her four years as SPARS director, Stratton

recruited and led 10,000 enlisted women and 1,000 commissioned officers. Upon her retirement in 1946, she was awarded the Legion of Merit medal for her contributions to women in the military.

At 418 feet, the National Security Cutter is the largest and most technologically advanced white-hull patrol cutter ever developed for the Coast Guard. The cutter is the flagship of the Coast Guard's fleet, capable of speeds in excess of 28 knots and is capable of executing maritime safety, security and natural resource stewardship missions, according to the Coast Guard.

Less than 10 Coast Guard cutters have been named for women in the service's 218-year history.



USCG National Security Cutter Stratton, is the third of eight planned ships in the new class of technologically advanced multi-mission cutters being built at Northrop Grumman.

YOUR TRICARE HOSPICE BENEFIT

By Diane Mayer, TriWest Healthcare Alliance

If you or a loved one is faced with a terminal illness, hospice care is available from TRICARE. Hospice is a concept of care designed to provide comfort and support to patients and their families when a life-limiting illness no longer responds to cure-oriented treatments. All TRICARE beneficiaries are eligible for this benefit.

The goal of hospice is to enable patients to continue an alert, pain-free life and to manage other symptoms so that their last days may be spent with dignity and quality, surrounded by their loved ones. Hospice care treats the person rather than the disease; it focuses on quality of life rather than length of life. It provides family-centered care and involves the patient and the family in making decisions.

Care is available for the patient and family 24 hours a day, seven days a week. Hospice care can be given in the patient's home, a hospital, nursing home, or private hospice facility. Types of care provided may include nursing care, medical equipment and supplies, medications, counseling, and medical social services. Room

and board is not a covered hospice benefit when a patient is in a facility such as a rest home and the care is custodial.

Initiating Hospice Care

The patient, their primary care manager (PCM), or a family member can initiate care as long as the patient's DEERS information is current. There is no paperwork for the beneficiary to complete to obtain hospice services. It is the responsibility of the hospice to submit the documentation necessary to obtain authorization for care.

There are four levels of hospice care:

1. Routine home care
2. Continuous home care – more nursing care than routine home care
3. General inpatient hospice – care in a hospice facility for symptoms that cannot be controlled at home
4. Inpatient respite care – up to five days per month to give families a rest from caregiving.

Coverage and Other Health Insurance

Hospice care is provided in three benefit periods; each period requires a separate authorization. The hospice provider will submit the necessary forms to TriWest.

First 90-day period

Second 90-day

Unlimited number of 60-day periods

Medicare patients do not need an authorization for hospice services and they are not processed through TriWest.

If the patient has other health insurance (OHI), the hospice will bill the OHI before billing TRICARE. TRICARE is always the secondary payer.

Costs

Copayments, deductibles, cost-shares and catastrophic cap do not apply for services provided under the hospice benefit. TRICARE pays the full cost of all covered services, except for small cost-share amounts that may be collected by the hospice.

The decision to enter into a hospice program may be made at any time during a life-limiting illness. By law, the decision belongs to the patient. Understandably, most people are uncomfortable with the idea of stopping an all-out effort to "beat" their disease. Hospice staff members are highly sensitive to these concerns and are always available to discuss them with the patient, family and physician.

Additional Questions?

If you need further information on the hospice benefit, please visit www.triwest.com/beneficiary

1972 - 74 TILLAMOOK BAY LIFEBOAT STATION CREW.

Get together in Garibaldi and Tillamook Sept 18 - 20, 2009 and tell sea-stories.

Contact Ken Foshaug for details, fosdawgs@msn.com or (360)275-3813

BOLLINGER SHIPYARDS DELIVERS CGC SEA FOX FINAL MARINE PROTECTOR-CLASS CPB

By KEYON K. JEFF

It was a sad, yet exciting occasion as Bollinger Shipyards Inc. in Lockport delivered the final Marine Protector-class Coastal Patrol Boat (CPB) to the U.S. Coast Guard.

Completion of the Sea Fox ends the CPB contract first awarded to Bollinger in 1996.

The day also marked Bollinger beginning work on the new Fast Response Cutter (FRC)/Sentinel-class patrol boats. The Coast Guard awarded Bollinger the \$88 million contract with a potential \$1.5 billion value if all options are exercised last September.

Flanked by congressional and Coast Guard dignitaries, the Bollinger family marked the commemoration with hundreds of their employees.

"Today is about a celebration of success with our best customer," said CEO and Chairman of the Board Donald "Boysie" Bollinger. "Let's hope some of us are around when that vessel's fleet needs to be replaced."

"We're very sad to see the Sea Fox leave. This contract was suppose to end at 51 vessels, and now we're at 75," said Christopher Bollinger, executive vice president of new construction. "We're excited to see the workmanship continue as we start the next contract for 36 boats."

Bollinger Shipyards has built all 124 previous cutters awarded by the Coast Guard.

With the Sentinel deal expecting to provide employment for about 500 workers over the next decade, the economic impact was of key importance to political leaders.

"This (CPB) class was a great success, and the fact that Bollinger won the contract for the new class is



Coast Guard Rear Adm. Gary Blore, assistant commandant of acquisitions, speaks at a ceremony celebrating the successful conclusion of the Coastal Patrol Boat production with the commissioning of the 87-foot Cutter Sea Fox, as seen behind him in Lockport, La., Friday, May 1, 2009.

enormously important to this region," said U.S. Sen. David Vitter. "It means continuing to provide really good-paying jobs."

"This is the beginning of the third era for the Bollinger Shipyards family," said U.S. Rep. Charlie Melancon. "This is the third construction of military vessels they have built over the last 30 years. It's a testament that the Coast Guard recognizes the skill and work ethic of south Louisianans."

The 87-foot CPBs play a major supporting role in numerous Coast Guard missions, including fisheries enforcement, search and rescue and intercepting illegal immigrants and narcotics.

Chief Warrant Officer Michael Lemay will be the commanding officer of the Sea Fox and deliver it to its homeport in Bangor, Wash. He was impressed with a tour of his new vessel.

"It's beautiful," he said. "The stern launch is a big asset because we can launch a small boat easily. The propulsion system is awesome. The navigation system is just spectacular."

The new 154-foot FRC/Sentinel-class is replacing the 110-foot Island-class cutters Bollinger Shipyards started building in the 1980s.

According to Rear Adm. Gary T. Blore, Coast Guard assistant commandant for acquisition, the FRC will take features from larger Coast Guard ships and



fit them within the confines of a patrol boat.

“The Sentinel-class is a patrol boat like a truck is a car,” Blore said. “The Sentinels are bigger, just as fast if not faster, better accommodations, much more firepower. It has a remotely operated 25mm chain gun and four .50-caliber machine guns. It can carry a 22-person crew, perform independently for a minimum of five days at sea and be away for 2,500 hours per year.”

The FRC is still in the design phase. Christopher Bollinger estimates it will take 18 months to build the first Sentinel-class boat and deliver it to Coast Guard District 7 based in Miami in the fall of 2010. After that he expects the company to complete a new Sentinel every eight weeks.

Representing the workers at the ceremony, L.J. Adams, structural foreman and 41-year Bollinger employee, summed up the time and dedication they feel in constructing each ship.

“It’s the challenge of taking raw steel and a set of drawings, along with a team effort of building and erecting modulars and launching the vessels,” he said. “After it’s all said and done, you have the feeling of pride watching a new vessel sail down the bayou side either as a workboat or as a vessel designed to serve our country.”

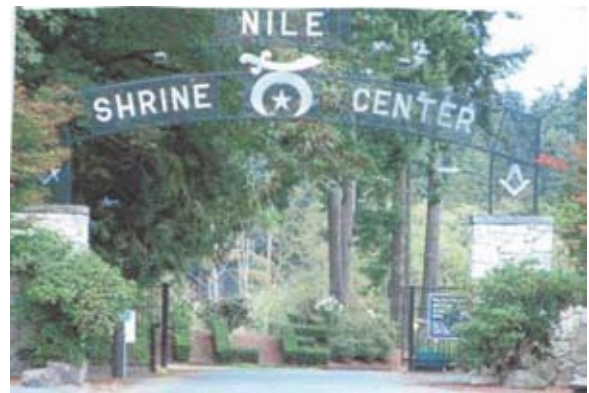
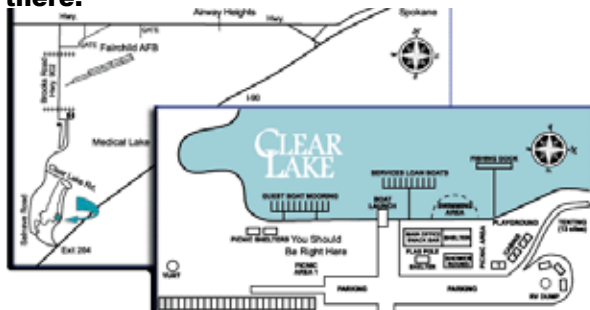
U.S. COAST GUARD 8TH ANNUAL GREATER SPOKANE INLAND EMPIRE AREA

Clear Lake Picnic

DATE: Saturday, August 1 TIME: 0900 to 1800

Active Retired Reserve USCG Auxiliary Ex-Coasties

Another year to have fun under the sun. Come with a friend and meet old and new friends. We ask you bring a side dish for the group and beverages for yourself and guests. For more information contact Del Clark (509) 534-4698 **e-mail oldsaltclark@hotmail.com** **We will be at Clear Lake Picnic Area 1, see you there.**



CG DAY PICNIC IN SEATTLE.

CG CG Day picnic for 2009 being held at the Nile Temple on Ballinger Way, Seattle.

Where: Nile Shrine Golf Course and Country Club, at their picnic area behind the Pro Shop.

When: 7 Aug 2009, 11:00 AM - 3:00 PM.

Entertainment: DJ/Emcee, kids clown inflatable, sumo wrestling outfits, inactive picnic games (volleyball, tug-o-war, hula-hoop contest, gunny sack races, horseshoes, face painter). Catered menu.

Cost: If purchased during June and July:

- CG active duty, reservists, retired, civilian employees, auxiliary and dependents of those categories ages 13 - 21 - \$4.00.
- CG dependent youth (ages 6 - 12) - \$2.00.
- All others categories (Guests) - Ages 13 years and up - \$7.00,
- Youth guests, ages 6 - 12 - \$3.00.
- If purchased during month of August:
- CG active duty, reservists, retired, civilian employees, auxiliary and dependents of those categories ages 13 - 21 - \$6.00.
- CG dependent youth (ages 6 - 12) - \$3.00.
- All others categories (Guests) - Ages 13 years and up - \$9.00. Youth guests, ages 6 - 12 - \$4.00.
- Children ages newborn - 5 years - free.

Respectfully,

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Coast Guard Retiree Council Northwest Newsletter

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The Puerto Rican Disaster by Ralph Starr

Coast Guard 82-footer POINT HEYER from San Francisco, California, hurries to assist during the PUERTO RICAN tanker disaster in 1984.