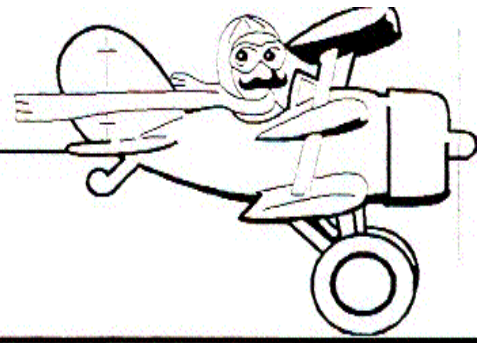
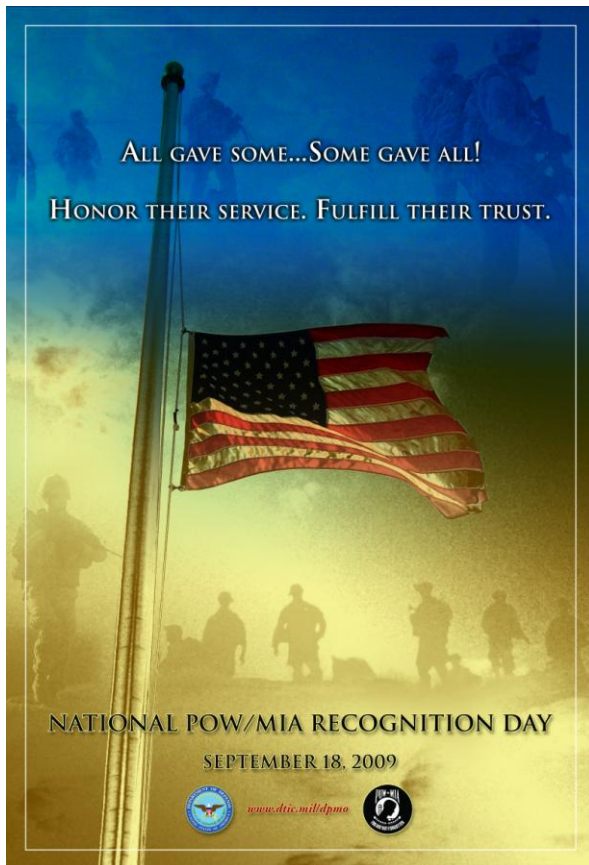


HANGAR FLYING

September/October 2009



A Publication of the McChord AFB Retiree Activities Office for Air Force Retirees, their spouses or survivors. Department of the Air Force, 100 Joe Jackson Blvd, Customer Service Mall Rm 1001, McChord AFB WA 98438-1114; Phone (253) 982-3214 (Voice Mail 24 hours a day) Fax 253-982-5234. Email - rao@mcchord.af.mil Web Site www.mcchordrao.com Retiree Activities Office: Open 0900-1200 Monday - Friday



National POW/MIA Recognition Day

National POW/MIA Recognition Day is traditionally observed on the third Friday of September and this year the day will be commemorated on Sept. 18, 2009. POW/MIA Recognition Day [posters](#) highlighting this year's observance are available for [order](#) online or by phone at (703) 699-1131. Past years' posters are also available. To order posters by mail, send a request to DPMO, Attn: Posters, 241 18th St. S., Suite 800, Arlington, VA 22202. Additional information that may be useful for event planners that wish to organize a POW/MIA Recognition Day event locally can be found [here](#). (Source: *National Association for Uniformed Services*)

Retiree Appreciation Day: On Saturday 7 November 2009, McChord will host its Annual Military Retiree Appreciation Day and Health Fair at the McChord Collocated Clubs from 10 AM to 2 PM. The event, sponsored by the 62 AW and under the direction of the Medical Group, will honor military retirees from all branches of the services, and their families. Health subjects will be highlighted; blood pressure testing, Flu shots (if available), cholesterol testing, nutrition, pharmaceutical education as well as oral health related issues. This year we have a representative from the Defense Finance and Accounting Service. He will have a laptop and internet access, which enables him to work any pay matter on the spot. He will present a power point presentation and talk on current pay issues. If you have questions bring your latest Retiree Account Statement. On the spot corrections are possible. Representatives of many of the military service organizations such as the Veterans Administration, Veterans of Foreign Wars, Mt Tahoma National Cemetery and others will have displays and handouts for attendees. Door prizes will be awarded and refreshments will be provided. For information call the McChord Retiree Activities Office at (253) 982-3214 between 9am and 12pm Monday through Friday, or email us atRAO@McChord.af.mil we hope to see you there. (Source: *McChord RAO*)

Health care reform won't impact VA, Tricare: In ongoing discussions about health-care reform, President Barack Obama offered assurance to those receiving medical care through Tricare or the Department of Veterans Affairs: Your benefits are safe. Eligibility for health care under VA or Tricare "will not be affected by our efforts at broader health-care reform," President Obama told military reporters at the White House on Aug. 4. President Obama said he also made that point clear after meeting with the American Legion's national commander, Dave Rehbein, and executive director, Peter Gaytan. *"I want to make sure that the message gets out to our veterans,"* the president said. *"I think it's very important to get the message out: If you are in the VA system and are happy with your care, great. We have no intention of changing your eligibility."*

While a new, national program will not force anyone to change health-care systems, President Obama said it could offer benefits or geographic convenience that might make some veterans elect to join it. A national program "will actually give them more choices, more flexibility," he said. President Obama cited problems in U.S. health-care delivery systems, which he said cost more than other countries' programs and too often deliver less. The VA "has probably made more progress than most systems out there in increasing quality during the past 25 years, and could help shed light on better ways of delivering health care", he said. But the cost of delivering that care is high even at VA, and Tricare consumes a big piece of the Defense Department's budget, he said. With the fiscal 2010 budget reflecting the largest VA funding increase in 30 years, President Obama told American Legion leaders he is committed to ensuring that VA provides America's veterans the highest-quality health care possible. Meanwhile, he told reporters VA will increase its outreach to more veterans to make sure they're aware of their medical benefits and other entitlements. "Although there are hundreds of thousands of veterans who are using our services, we know there are hundreds of thousands more who may not know that benefits are available," he said. "And we are working really hard to make sure that every single veteran -- not just our active force, but also National Guard and reservists -- are aware of the benefits that are available to them. "Guiding them through that process, we think, is extraordinarily important." (Source: *American Forces Press Service*)

WOMEN VETERANS SUMMIT: The Women's Veteran Advisory Committee and the Washington State Department of Veterans Affairs are hosting the Women's Veterans Summit on September 12, 2009 at the Greater Tacoma Convention Center and Trade Center 1500 Broadway, Tacoma WA 7:30AM to 5:00PM. The summit will provide comprehensive information regarding opportunities and challenges women veterans face today, information on benefits and service they might be entitled to and the opportunity to renew old acquaintances and form new ones.

Workshops will focus on benefits, career, networking, retirement planning and wellness. Women can pre register at the WADVA website http://www.dva.wa.gov/women_vets.html and scroll down to 2009 Washington Women Veterans Summit. The workshops are free but you must register.

- There are many hotels in the downtown area you can check them out at www.hotels.com/. For those with a military ID try base lodging at <http://www.mcchordafb.us/lodging.html> or call the **Front Desk:** (253) 982-5613 or **Reservations:** 1-800-847-3899

According to the US Department of Veterans Affairs, the total veteran population in the United States and Puerto Rico, as of September 2008, was approximately 23.4 million. The population of women veterans numbered 1,802,491. States with the largest number of women veterans were California, Texas, Florida, Virginia and Georgia.

There are 54,287 accounted for in WA State at this time. If you are one of them, come join us at the Greater Tacoma Convention Center on September 12th, 2009. Tell your neighbor too! She might know of another woman veteran who could benefit from the information. (Source: *The Women's Veteran Advisory Committee*)

Veterans Eligible for Cell Phone Discounts: The Arizona Republic newspaper reports that military veterans and active-duty personnel are eligible for significant discounts on cell phone plans - if they know to ask. Most veterans are unaware of the potential savings on their monthly cell phone bills. Monthly military discounts range from 15 percent on Verizon Wireless plans to 10 percent off - and no activation fee - on T-Mobile agreements. Alltel, Sprint and AT&T offer similar discounts. While not everyone knows about the discounts, those who do, say that getting the companies to register them for the cheaper plans is no easy task. Most services require a military identification card, veteran identification card or military discharge papers as proof of veteran status. Some companies require online registration to get the discount. Many companies, including Verizon, also offer discounted plans for customers 65 and older. *(Source NAUS Newsletter 2 July 09)*

VA CATEGORY 8 CARE Update: The Department of Veterans Affairs, which now has nearly 8 million Veterans enrolled in its health care system, is poised to welcome nearly 266,000 more Veterans into its medical centers and clinics across the country by expanding access to health care enrollment for certain Veterans who had been excluded due to their income. Dr. Gerald Cross, VA's Acting Under Secretary for Health, said, "This incremental approach to expanding enrollment ensures that access to VA health care for a greater number of beneficiaries does not sacrifice timely access or quality medical care for those Veterans already enrolled in VA's health care system. Over the next four years, we hope to provide enrollment to more than 500,000 Veterans." Under a new regulation effective 15 JUN, VA will enroll Veterans whose income exceeds current means-tested thresholds by up to 10%. These Veterans were excluded from VA health care enrollment when income limits were imposed in 2003 on Veterans with no service-connected disabilities or other special eligibility for care. There is no income limit for Veterans with compensable service-connected disabilities or for Veterans being seen for their service-connected disabilities.

Veterans who have applied for VA health care but were rejected due to income at any point in 2009 will have their applications reconsidered under the new income threshold formula. Those who applied before 2009, but were rejected due to income, must reapply. VA will contact these Veterans through a direct-mail campaign, Veterans service organizations, and a national and regional marketing campaign. Information about enrollment and an income and assets calculator are available at www.va.gov/healtheligibility. The calculator provides a format in which Veterans enter their household income, number of dependents, and zip codes to see if they may qualify for VA health care enrollment. In addition to applying online, Veterans may also contact VA's Health Benefits Service Center at 1-877-222 VETS (1-877-222-8387). Each VA medical center across the country has an enrollment coordinator available to provide Veterans with enrollment and eligibility information. *(Source: VA News Release 19 Jun 09)*

Disabled Vet Jobs Website A new website features jobs for disabled veterans seeking employment. Disabled person, Inc. hosts the nationally based online job board called [Job Opportunities for Disabled American Veterans](#). Disabled veterans can post their resumes free, and employers may post open jobs. To post a resume, job seekers must first fill out an online registration. Current job openings on the website include accounting, administration and clerical, business development, information technology, research, restaurant and food service, science, collections, public relations and security. To find career resources for the severely injured, visit the Military.com [Severely Injured Career Center](#). *(Source Military.Com Veterans Report)*

VA HANDBOOK 2009: The latest edition of the Federal Benefits for Veterans and Dependents Pamphlet (i.e. handbook) 80-09-01 can be obtained from the Department of Veterans Affairs online or by mail. It updates the rates for certain federal payments and outlines a variety of programs and benefits for American veterans. Most of the nation's 25 million veterans qualify for some VA benefits, which range from health care to burial in a national cemetery. *(Continued on the next page)*

In addition to health-care and burial benefits, veterans may be eligible for programs providing home loan guaranties, educational assistance, training and vocational rehabilitation, income assistance pensions, life insurance and compensation for service-connected illnesses or disabilities. In some cases, survivors of veterans may also be entitled to benefits. The handbook describes programs for veterans with specific service experiences, such as prisoners of war or those concerned about environmental exposures in Vietnam or in the Gulf War, as well as special benefits for veterans with severe disabilities. In addition to describing benefits provided by VA, the 2000 edition of the 155-page booklet provides an overview of programs and services for veterans provided by other federal agencies. It also includes resources to help veterans access their benefits, with a listing of phone numbers, Internet addresses and a directory of VA facilities throughout the country. The 2009 publication in English can be downloaded at no cost from VA's Web site at <http://www1.va.gov/opa/vadocs/fedben.pdf>. A Spanish version of the 2008 handbook can be downloaded at <http://www1.va.gov/opa/vadocs/fedbensp.pdf>. Hard copies of the 2009 English version can be purchased from the U.S. Government Printing Office (GPO). GPO accepts credit card orders for the publication at (866) 512-1800 or (202) 512-1800/2104 for a cost of \$5 each to U.S. addresses. Add 40% for overseas addresses. If order is by mail, make check out to Superintendent of Documents and mail to the GPO at Superintendent of Documents, P.O. Box 371954, Pittsburgh, PA 15250-7954. (Source: *www.va.gov*)

New AMC Web site offers space-available travel info: Air Mobility Command recently unveiled its first official, command-level AMC Travel Web site. People planning to travel the AMC military travel system can now point their Web browsers to www.amc.af.mil/amctravel/index.asp for the latest in AMC travel information. The site officially went live July 24. It offers prospective space-available travelers a wealth of information, including an updated AMC passenger terminal contact list (complete with phone, e-mail and Web links), and more than a dozen travel documents, example letters and brochures.

Every day around the world, hundreds of military and military-contracted commercial aircraft travel the world delivering troops and cargo. In addition, each year, hundreds of thousands of military personnel, retirees, and their family members go along for the ride, courtesy of the AMC space-available travel program. Space-available flights are a unique benefit to U.S. servicemembers, retirees and their families. Under the AMC travel program, unused seats on U.S. military and military-contracted aircraft are made available to non-duty passengers on a space-available basis.

The new AMC Travel site was created to provide AMC customers a wealth of travel information, which can be counted on to contain the most accurate and up-to-date travel information available. The goal of the web site is to answer all questions the passengers may have, therefore minimizing their stress before they leave their homes. People searching for up-to-the-minute AMC travel information are encouraged to contact their nearest AMC passenger terminal. A current listing is available on the new AMC Travel site. There are trained passenger service agents ready to assist at AMC terminals worldwide.

The travel site will be kept updated with the latest breaking news and updates. Space-available travel is a great benefit, but it can be a stressful experience without proper planning. Passengers need to be prepared for their space-available trip to take more time than it would if they were traveling commercial. Not every base is equipped with facilities or lodging capable of handling passengers stranded by a broken or rerouted aircraft. The most important thing to remember when traveling Space-A is to be prepared to fly commercial if problems are encountered. The key to a stress-free trip is to have a plan, have enough money for all contingencies, and be prepared for disappointment if plans do not come together. (Source: *AMC News Service*)

Colorectal Cancer: Look for It! The [National Cancer Institute](#) reports that, when caught and treated early, the five-year survival rate (the percentage of patients who live more than five years after diagnosis) for colon cancer patients is nearly 90 percent, proof that regular colon cancer screenings can be the difference between life and death. Colon cancer screening is a [TRICARE-covered benefit](#), and beneficiaries have a number of screening options available to them as part of their entitlement. No authorization is required and there is no co-pay for this clinical preventive service. (Continued on the next page)

Depending on your family and medical history, the frequency of your screenings and at what age you should begin those screenings may vary. Consult your healthcare team to develop a screening regimen based on your own unique needs. Regardless of family and medical history, however, screening should be done annually beginning at age 50. Screening for colon cancer is especially effective because it can help your doctor detect and remove polyps. Polyps are growths that protrude from the inner walls of the colon or rectum. Experts believe that most colon cancers develop in a particular kind of polyp called an adenoma. Removal of these polyps can stop cancer from ever developing in the first place, making screening for colon cancer an effective tool for both detection *and* prevention. For more information on colon cancer, be sure to visit TriWest's [Health & Wellness](#) Web site. (Source: *TriWest Beneficiary Services*)

TRICARE USER FEE Update: A key lawmaker who has helped derail past Pentagon plans for big increases in Tricare fees for military retirees warns that the day is coming when enrollment costs, deductibles and co-payments will have to go up. Rep. Susan Davis (D-CA), who chairs the House Armed Services Committee's military personnel panel, said that after three consecutive years in which lawmakers inserted specific language in the annual defense authorization bill prohibiting Tricare fee increases, the House version of the 2010 bill does not have any such provision — because the Pentagon did not ask for such increases in its budget request. The Obama administration and Defense Secretary Robert Gates agreed to a one-year moratorium on their quest for substantial fee hikes in order to work with Congress on finding other ways to hold down health care costs. As the armed services committee met 16 JUN to consider H.R.2647, the 2010 defense policy bill, Davis said she and other lawmakers share the Pentagon's concerns that rising health care costs are squeezing money for other defense programs, but they don't want to make rash changes. "Any changes to the health care benefit require careful and deliberate consideration," she said. Davis also said discussion about options will not be limited to the Pentagon and Congress. She pledged to include military associations that represent troops and families in seeking a "fair and equitable solution" to controlling health care costs. The Senate Armed Services Committee will start writing its version of the defense bill in late June. That committee also has not supported fee hikes pushed by the Pentagon to make up for the fact that Tricare fees have not changed since the plan started in 1994. Senators tend to favor limiting Tricare fee hikes to the size of the modest cost-of-living adjustment made each Dec. 1 in military retired pay. (Source: *NavyTimes* article 29 Jun 09)

TRICARE Mail Order Pharmacy: The mail-order pharmacy can be the least expensive option when not using the military pharmacy. It has several advantages. It's safe, convenient and easy to use even when you're traveling or if you move. You may receive up to a 90-day supply for most medications through the mail-order pharmacy, for minimal out-of-pocket costs, and the medications will be delivered to your home. Once registered, refills may be requested by mail, phone or online. We recommend that you use the mail-order pharmacy for prescriptions you need on a regular basis. If you need immediate relief from a pain medication or antibiotic, you should have your prescription filled at a military pharmacy or retail network pharmacy. The mail-order pharmacy is limited in overseas areas. Prescriptions must be from a U.S.-licensed provider and you must have an APO or FPO address. Learn more about filling prescriptions overseas.

The Mail-Order Advantage:

Savings ... Get up to three times the quantity of medications for your money, compared to the same prescriptions at a retail network pharmacy. And, there's no charge for standard shipping and handling. You can request express shipping for an additional charge.

Safety ... If you're taking multiple medications on a regular basis, the mail-order pharmacy tracks your medications; prescription strength, dosage and potential interactions are checked against your medication profile. Additionally, your prescription is checked by two pharmacists before it's delivered. **Convenience ...** Avoid driving to a retail or military pharmacy and waiting in line. You can fill prescriptions by mail, phone, fax or online-24 hours a day, seven days a week.

(Continued on the next page)

Home-Delivery on Your Terms ... The mail-order pharmacy is designed for medications you're taking on a regular basis. A short-term prescription, like an immediate-need pain drug or an antibiotic, should be filled at a military or network pharmacy. For a long-term prescription you need to start right away, you can ask your provider to write two prescriptions. The first can be filled immediately at a military or network pharmacy. The other can be sent to the mail-order pharmacy for long-term needs.

Easy to Transfer ... If you move or travel on vacation, contact the mail-order pharmacy contractor for assistance to change or add an address. If you're already having prescriptions filled at a TRICARE retail network pharmacy, and you'd rather use the mail order pharmacy, you can easily [convert your prescriptions](#) to the mail order pharmacy in approximately 4-7 minutes.

 **If you have other health insurance with a prescription benefit ...**

You can't use the mail-order program, unless:

The medication you require is not covered by your other plan; or

You have reached the dollar limit coverage of your other plan.

Verification from your other health insurance is needed, along with your prescription. [Learn more](#)

 **Enrolled in the US Family Health Plan?**

You are not eligible for TRICARE's pharmacy benefit. To learn about your prescription drug coverage, enter your [profile](#).

 **Need a medication that requires special handling?**

The mail-order pharmacy supplies a full range of most medications available under the TRICARE pharmacy, including: Injectables, Compounds, Drugs requiring special handling or refrigeration.

Refrigerated medications can't be delivered to APO/FPO addresses.

 **Do you have a family member who is also a provider?**

Providers can't write prescriptions of any kind (controlled or non-controlled) for family members.

(Source: Tricare Healthbeat Update July 09)

VA COLA 2010 Update: The Senate unanimously approved and the President has signed legislation to protect the value of compensation for Veterans and their survivors from potential inflation. In the event that the Bureau of Labor Statistics estimates an increase in inflation based on the Consumer Price Index, the Veterans' Compensation Cost-of-Living- Adjustment Act of 2009 (S.407), as amended, would increase veteran and survivor compensation by that rate. Assuming inflation, S.407 would direct the Secretary of Veterans Affairs to increase the rates of: Veterans' disability compensation; Dependency and indemnity compensation for surviving spouses and children; and Additional related benefits.

The cost-of-living adjustment (COLA) for the above-mentioned benefits would match the annual increase provided to Social Security recipients, which is based on the Bureau of Labor Statistics' Consumer Price Index (CPI). The COLA is designed to offset inflation and other factors that alter the cost-of-living over time. This year's rate has not been determined, and some are predicting that the CPI will decrease rather than increase. In the event of a decrease in the CPI, veterans and survivors compensation will remain at last year's rate. For more information on the Consumer Price Index, refer to the Bureau of Labor Statistics' website www.bls.gov/. The CPI rose 0.4% in May. However, that still leaves cumulative inflation at -3.1% since OCT 08. *(Source: SVAC Press Release 24 Jun 09)*

Vietnam Veterans Benefit From Agent Orange: Vietnam veterans may be eligible for compensation and health care for certain diseases associated with Agent Orange, the defoliant sprayed to unmask enemy hiding places in the jungles throughout Vietnam. Special health care and compensation benefits are available to the 2.6 million men and women who served in Vietnam between 1962 and 1975, only 3,300 of whom remain in uniform today. Those discharged during that period are the largest group of veterans receiving VA health care and monthly compensation. A small percentage of their disability claims are for illnesses that scientists have listed as being associated with Agent Orange. VA presumes that all military personnel who served in Vietnam were exposed to Agent Orange, and federal law presumes that certain illnesses are a result of that exposure. This "presumptive policy" simplifies the process of receiving compensation for these diseases since VA foregoes the normal requirements of proving that an illness began or was worsened during military service. Based on clinical research, the following diseases are on VA's Agent Orange list of presumptive disabilities:

acute and subacute peripheral neuropathy	porphyria cutanea tarda
chloracne	prostate cancer
chronic lymphocytic leukemia	respiratory cancers
Hodgkin's disease	(lung, bronchus, larynx and trachea)
multiple myeloma	soft-tissue sarcoma, acute
non-Hodgkin's lymphoma	Type II diabetes mellitus

In addition, monetary benefits, health care and vocational rehabilitation services are provided to Vietnam veterans' offspring with spina bifida, a congenital birth defect of the spine. Children of female veterans who served in Vietnam are authorized health care and monetary benefits for certain additional birth defects. Veterans who served in Vietnam during the war also are eligible for a complete physical examination. If a VA physician suspects a disease might be related to Agent Orange, VA will provide free medical care. Those who participate in the examination program become part of an Agent Orange Registry and receive periodic mailings from VA about the latest Agent Orange studies and new diseases being covered under VA policies. Vietnam veterans and their families can contact VA for more information about these benefits. For the Agent Orange Registry physical examination, call a local VA hospital or clinic listed in the government pages of your phone book. To file a compensation claim for a current disability related to Agent Orange, veterans can call 1-800-827-1000 for an application form or visit VA's Web site at: <http://vabenefits.vba.va.gov>. (Source: [va.gov](http://vabenefits.vba.va.gov))

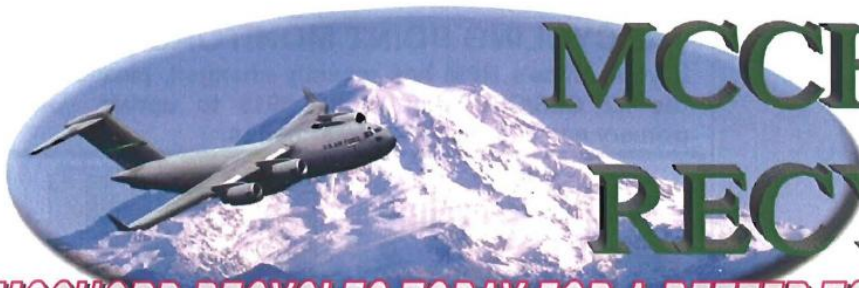
Unknown's Tomb to be Repaired: The Arlington National Cemetery and the U.S. Army Corps of Engineers recently committed to repairing The Tomb of the Unknowns at Arlington National Cemetery. The monument honors those who do not return from battle. The tomb currently shows signs of wear and tear, including visible cracks. The repair process would be similar to the Lincoln Memorial -- re-grouting the cracks and use of only gentle cleaning methods instead of high-pressure power-washing. For more information on the Tomb of the Unknowns, visit the "The Old Guard" <http://www.arlingtoncemetery.net/thirdinf.htm> and the [Society of the Honor Guard Tomb of the Unknown Soldier website](http://www.societyofthehonorguard.com). (Source: *Military.com*)

Wounded Warrior Resource Directory The [National Resource Directory \(NRD\)](http://www.nrd.org) is an online resource for wounded, injured, and ill servicemembers, veterans, their families, and those who support them. The NRD provides information on, and access to, medical and non-medical services and resources across the country, which will help them reach their personal and professional goals as they successfully transition from recovery to community living. The NRD is an online partnership of the Department of Defense (DoD), Department of Labor (DoL), and Department of Veterans Affairs (VA), as well as numerous Veteran service/benefit and other organizations. (Source: *Military.com*)

VA – Burial Benefits – Veteran and Dependent burial in VA National Cemeteries

Program Description: The National Cemetery Administration honors veterans with a final resting place and lasting memorials that commemorates their service to our Nation. The Department of Veterans Affairs' (VA) National Cemetery Administration maintains 125 national cemeteries in 39 states (and Puerto Rico) as well as 33 soldier's lots and monument sites. To visit the web page for the closest National Cemetery in your state just go to (<http://www.cem.va.gov/cem/cems/listcem.asp>) and select your state. Burial benefits include at no cost to the family: a gravesite in any of the open cemeteries with available space, opening and closing of the grave, perpetual care, a Government headstone or marker, a burial flag, and a Presidential Memorial Certificate. Some veterans may also be eligible for Burial Allowances. Cremated remains are buried or inurned in national cemeteries in the same manner and with the same honors as casketed remains. Burial benefits available for eligible spouses and dependents include burial with the veteran, perpetual care of the interment site. The spouse or dependent's name and date of birth and death will be inscribed on the veteran's headstone at no cost to the family.

General Program Requirements: Any member of the Armed Forces of the United States who dies while on active duty or any veteran who was discharged under conditions other than dishonorable may be eligible for burial in a National Cemetery. Certain National Guard and reserve members may also qualify. Commissioned Officers of the Public Health Service and National Oceanic and Atmospheric Administration are considered to be active duty members and veterans, once discharged. Length-of-service requirements apply in some cases. Spouses and certain eligible dependents may also be buried in national cemeteries. Pre-arrangement for burial at a National Cemetery is not allowed. To confirm your eligibility for burial benefits at a national cemetery you may call your VA regional office at 1-800-827-1000. A Veterans Benefits Counselor will be happy to speak with you and answer any questions you may have. Requests for burial in a VA national cemetery cannot be made via the Internet. Funeral homes that are assisting families during their time of need can contact the national cemetery and make arrangements for burial and/or inurnment. Direct contact with a veteran's family during the difficult days surrounding a veteran's death is usually not necessary until the family arrives at the cemetery for the burial service. The telephone number for the closest national cemetery can be found in the blue pages of your local phone book under Federal Government, Department of Veterans Affairs, National Cemeteries. There may be more than one cemetery in your state, so carefully review the numbers before calling. If you would like more information about burial benefit eligibility, you may visit the National Cemetery Administration web at <http://www.cem.va.gov/cem/bbene/eligible.asp> or call the Department of Veterans Affairs Washington, DC 20420 at (202) 273-7210 (Source: GovBenefits.gov.)



MCCHORD'S Main Base Edition RECYCLER

MCCHORD RECYCLES TODAY FOR A BETTER TOMORROW ~ JULY 2009

McChord's Recycler is a product of the Qualified Recycling Program (QRP) Committee:

Michael Grenko
Chief Environmental
Management Flight

QRP Manager

Doug Skitch
Quality Assurance

Environmental
Attorney

Contracting

Finance

Base Supply

Transportation

Services

AAFES

Commissary

J & M Recycling Inc.

The McChord
Recycler is produced
by the 62 CES/CEV
Environmental Ft

**BASE
RECYCLING
CENTER
982-3451**

**BASE
RECYCLING
MANAGER
982-3913**

Printed on Recycled
Paper

Fluorescent Light Bulb Recycling

Spent fluorescent lamps should be recycled as the bulbs contain a small amount of mercury. Both Compact Fluorescent Bulbs (CFL's) and Fluorescent Tubes can be recycled by taking your spent bulbs to the Recycling Center Electronics Recycling shed for public drop-off. Most offices on base have collection containers for these bulbs. If your work area does not have collection containers, then take the bulbs to the Recycling Center.



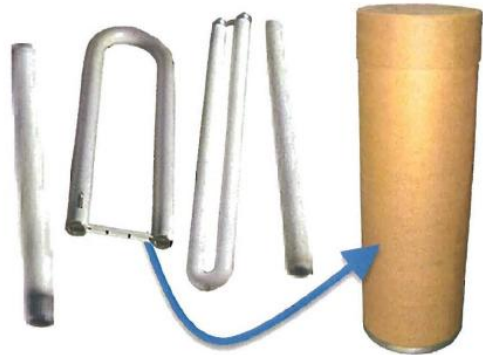
The Electronics Recycling Shed located in the public drop off area at the Center.



Fluorescent Bulb drop off containers are located inside Electronics Recycling Shed.



Place Compact Fluorescent Bulbs (CFL's) in yellow bin



Place Fluorescent Tubes in cardboard tube



IMPORTANT RESOURCE!!! Keep this and all recycling handouts in a folder for new arrivals to read.