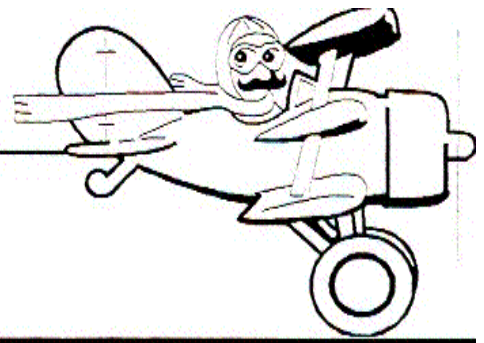


# HANGAR FLYING

September/October 2010



A Publication of the JBLM-McChord Field 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](mailto:rao@mcchord.af.mil) Web Site [www.mcchordrao.com](http://www.mcchordrao.com) Retiree Activities Office: Open 0900-1200 Monday - Friday**

## Court Orders VA to Publish Final Agent Orange Rule

An estimated 200,000 Vietnam veterans suffering from three diseases newly associated with exposure to Agent Orange are closer to receiving disability compensation following the August 2<sup>nd</sup> appeals court order directing the VA to publish a final implementing regulation within 30 days.

Because of the lawsuit, brought by a coalition of veterans' service organizations, the U.S. Court of Appeals for the Federal Circuit instructed the VA to issue by Sept. 1 a final regulation authorizing payment of claims for ischemic heart disease, Parkinson's disease, or B-cell leukemia for any veteran who stepped foot in Vietnam during the war, or their survivors. The VA has been urging veterans with these diseases to file claims immediately because payments, when they begin, will be retroactive to the filing date. After a final regulation is published, the VA still will have to wait 60 days under the Congressional Review Act to begin paying claims, given the cost of adding these three diseases to the list of ailments presumed caused by exposure to defoliants used in Vietnam. That would give Congress time to block the regulation, though it seems unlikely as the funds already have been approved for anticipated first-year and retroactive payments. (*Source: Military.com Veterans Report*) **Update**, the new regulation was published on 31 Aug 2010.

## VA Secretary Shinseki addresses importance of care for women veterans

Women represent almost 8 percent of the veteran population as well as 6 percent of veterans who use VA health care services. VA officials expect that number to double within the next 10 years. To help prepare for and manage this increase, the VA's benefits administration's regional offices are staffed with women veterans' coordinators to provide needed assistance; also, each of the 144 VA medical centers has full-time women veterans' program managers. Currently the VA is streamlining the process for both men and women veterans to receive treatment and benefits for post-traumatic stress. The VA is undertaking many research initiatives to improve overall care for women. The topics of such research and related conferences include impacts of trauma and combat exposure among women, women veterans' preferences and health care needs, gender differences in health care for deployed women and women veterans and post-deployment care focused on trauma, mental health and reintegration. For more retiree news and information, please visit [www.retirees.af.mil](http://www.retirees.af.mil). (*Source: American Forces Press Service*)

**Benefits and Support for Transition Vets:** Have you recently returned from military service? If you've served, you've earned benefits. Now is the time to take advantage of the benefits VA offers OEF/OIF Veterans. Here are just a few of the programs VA offers: (1) five years of cost-free health care, (2) a 180-day dental benefit, (3) going back to school using the [new Post-9/11 GI Bill](#), (4) using [VA Jobs](#) and [VetSuccess](#) to find a good job, and (5) the use of [local Vet Centers](#) if you served in any combat zone. For more information, visit the [Department of Veterans' Affairs Returning Servicemembers website](#). (*Source Military.com Veterans Report*)

# Veterans Administration Health Care Locations

## Veterans Health Administration: VISN 20: Northwest Network

StationID	Facility	Address	State	Phone
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10N20	<a href="#">VISN 20: Northwest Network</a>	1601 4th Plain Blvd Building 17, 4th Floor, Suite 402 Vancouver, WA 98661 Mailing Address: P.O. Box 1035 Portland, OR 97207	WA	360-619-5925
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### VA Health Care System

663	<a href="#">VA Puget Sound Health Care System - Seattle Division</a>	1660 S. Columbian Way Seattle, WA 98108-1597	WA	206-762-1010 Or 800-329-8387
663A4	<a href="#">VA Puget Sound Healthcare System - American Lake Division</a>	9600 Veterans Dr Lakewood, WA 98493	WA	253-582-8440 Or 800-329-8387

### VA Medical Center

687	<a href="#">Jonathan M. Wainwright Memorial VA Medical Center - Walla Walla</a>	77 Wainwright Drive Walla Walla, WA 99362	WA	509-525-5200 Or 888-687-8863
648	<a href="#">Portland VA Medical Center - Vancouver Campus</a>	1601 E. 4th Plain Blvd Vancouver, WA 98661	WA	360-696-4061 Or 800-949-1004
668	<a href="#">Spokane VA Medical Center</a>	4815 N. Assembly Street Spokane, WA 99205-6197	WA	509-434-7000

### Integrated Clinical Facility

0523V	<a href="#">Yakima Valley Vet Center</a>	2119 W. Lincoln Yakima, WA 98902	WA	509-457-2736
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### Community Based Outpatient Clinic

663GB	<a href="#">Bremerton CBOC</a>	925 Adele Avenue Bremerton, WA 98312	WA	360-782-0129
663	<a href="#">Mount Vernon CBOC</a>	307 S. 13th St. Mount Vernon, WA 98274	WA	360-848-8500
663GB	<a href="#">Port Angeles</a>	1005 Georgianna St Port Angeles, WA 98362	WA	360-565-9330
687GA	<a href="#">Richland Community Based Outpatient Clinic</a>	825 Jadwin Avenue, Suite 250 Federal Building 2nd Floor Richland, WA 99352	WA	509-946-1020
663GD	<a href="#">South Sound CBOC</a>	151 NE Hampe Way Chehalis, WA 98532	WA	360-748-3049
663GA	<a href="#">Valor CBOC Bellevue</a>	13033 Bel-Red Road Suite 210 Bellevue, WA 98005	WA	425-214-1055 Or 800-329-8387
663GA	<a href="#">Valor CBOC Federal Way</a>	34617 11th Place South Suite 301 Federal Way, WA 98003	WA	253-336-4142
663GA	<a href="#">Valor CBOC North Seattle</a>	12360 Lake City Way NE, Suite 200 Seattle, WA 98125	WA	206-384-4382
668GA	<a href="#">Wenatchee CBOC</a>	2530 Chester-Kimm Road Wenatchee, WA 98801	WA	509-663-7615 Or 800-325-7940
687HA	<a href="#">Yakima Community Based Outpatient Clinic (CBOC)</a>	717 Fruitvale Blvd. Yakima, WA 98902	WA	509-966-0199

### Vet Center

0522	<a href="#">Bellingham Vet Center</a>	3800 Byron Ave Suite 124 Bellingham, WA 98229	WA	360-733-9226
0529	<a href="#">Everett Vet Center</a>	3311 Wetmore Avenue Everett, WA 98201	WA	425-252-9701
0507	<a href="#">Seattle Vet Center</a>	2030 - 9th Ave. Suite 210 Seattle, WA 98121	WA	206-553-2706
0510	<a href="#">Spokane Vet Center</a>	100 No. Mullan Rd., Suite 102 Spokane, WA 99206	WA	509-444-8387
0508	<a href="#">Tacoma Vet Center</a>	4916 Center St. Suite E Tacoma, WA 98409	WA	253-565-7038
0523	<a href="#">Yakima Vet Center</a>	2119 W. Lincoln Ave Yakima, WA 98902	WA	509-457-2736
0523	<a href="#">Yakima Valley Vet Center</a>	2119 West Lincoln Avenue Yakima, WA 98902	WA	509-457-2736

## Veterans Benefits Administration: Western Area Office

StationID	Facility	Address	State	Phone
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### Regional Office

346	<a href="#">Seattle Regional Office</a>	915 2nd Avenue Seattle, WA 98174	WA	800-827-1000
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### Intake Site

346	<a href="#">Intake Site At Bangor Sub Base</a>	West Sound/Bremerton Pre-Separation Office 262 Burwell Street Bremerton, WA 98337	WA	
346	<a href="#">Intake Site At Everett Naval Station</a>	West Sound/Bremerton Pre-Separation Office 262 Burwell Street Bremerton, WA 98337	WA	
346	<a href="#">Intake Site At Fairchild Air Force Base</a>	Airman and Family Readiness Center Fairchild AFB, WA 99011	WA	
346	<a href="#">Intake Site At Fort Lewis</a>	Waller Hall, Bldg 2140, Room 700 Fort Lewis, WA 98433	WA	
346	<a href="#">Intake Site At Kitsap NB</a>	West Sound/Bremerton Pre-Separation Office 262 Burwell Street Bremerton, WA 98337	WA	
346	<a href="#">Intake Site At McChord Air Force Base</a>	Waller Hall, Bldg 2140, Room 700 Fort Lewis, WA 98433	WA	
346	<a href="#">Intake Site At Whidbey Island Naval Air Station</a>	West Sound/Bremerton Pre-Separation Office 262 Burwell Street Bremerton, WA 98337	WA	

## National Cemetery Administration: Oakland Memorial Service Network

StationID	Facility	Address	State	Phone
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### National Cemetery

919	<a href="#">Tahoma National Cemetery</a>	18600 SE 240th Street Kent, WA 98042-4868	WA	425-413-9614
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**Using Veterans' Preference:** Veterans' preference hiring laws give those who served in uniform a leg up on others when pursuing federal-government employment. This means veterans receive either a five-point or a 10-point preference, based on where they served and whether or not they are disabled. To find out if you qualify for a five-point or 10-point preference, visit <http://www.fedshirevets.gov/job/veterans.aspx>. Most federal positions are posted there, and searches can be conducted by job, agency or even location. The American Legion has experts in the federal employment arena who can answer questions or provide assistance in navigating the application process. For more information, visit the American Legion website [www.legion.org/careers](http://www.legion.org/careers).

To access the largest veteran job board in the world, visit the Military.com [Career Center](#) and find military friendly employers. (Source: *Military.com, Veterans Report*)

**New Veteran Benefits Blog:** The new [Military Advantage Blog](#) offers Servicemembers, Veterans and their families a great resource for news and information on a wide variety of benefit subjects including changes to state and federal benefits, pay and compensation, health care, seldom used benefits and more. You can find the new blog in the Military.com benefits section. (Source: *Military.com Veterans Report*)

**Fact sheet outlines new rule for PTSD claims:** The Veterans Affairs Department has posted a fact sheet including questions and answers about the new rule governing post-traumatic stress disorder claims. This new rule, to be published in the Federal Register, relaxes the evidence requirement of certain PTSD stressor claims by veterans. The fact sheet is available online at [www.va.gov/PTSD\\_QA.pdf](http://www.va.gov/PTSD_QA.pdf). Veterans of any era or conflict can file a claim under the new rule. The rule covers claims received by VA on or after July 13; before July 13, but not yet decided by a VA regional office; and in other specific instances outlined in the fact sheet. The new rule relaxes the evidence requirement of certain PTSD stressor claims by veterans. (Source *Air Force Retiree News Service*)

**Federal rules published for Tricare Retired Reserve:** The interim final rule for the Tricare Retired Reserve, or TRR, program has been published. That brings the opportunity for members of the Retired Reserve who are not yet age 60, the so-called "gray-area" retirees, to purchase Tricare Standard coverage one big step closer to a planned program launch expected as early as September 2010. At that time, instructions about how to qualify for and purchase TRR coverage will become available. If purchased, TRR coverage is expected to go into effect as early as Oct. 1. The statute that established TRR requires that qualified retired reservists pay premiums equal to the full cost of the coverage without government subsidy. According to the interim final rule, monthly premium rates for 2010 will be \$388.31 for TRR member-only coverage, or \$976.41 for TRR member and family coverage. Rates will be adjusted annually. This year's premiums are based on the actual costs during 2007 and 2008 for providing Tricare benefits to people in the same age categories as the retired reserve population. The 2011 premiums will be adjusted based on 2008 and 2009 costs. Beneficiaries can read the entire interim final rule on line at <http://edocket.access.gpo.gov/2010/pdf/2010-19313.pdf>. A 60-day comment period will allow for public input before the final rule is issued. Those interested may submit comments through the Federal eRulemaking Portal -- [www.regulations.gov](http://www.regulations.gov) -- or by mail to the Federal Docket Management System Office, 1160 Defense Pentagon, Washington, DC 20301-1160. Retirees who may want to purchase TRR coverage should make sure their eligibility information is correct in the Defense Enrollment Eligibility Reporting System. To get more information about TRR as it becomes available, visit [www.tricare.mil/subscriptions](http://www.tricare.mil/subscriptions) and sign up for "Benefit Changes" for "Retired National Guard and Reserve Members." (Source *Airforce Retirees News Service*)

**U.S. Department of Veterans Affairs Agent Orange Web Page & Newsletter:** Information about Agent Orange, possible health-related problems and VA [benefits](#). [Prior newsletters](#) on Agent Orange, Gulf War Veterans' Illnesses and Operation Enduring Freedom/Operation Iraqi Freedom (OEF/OIF) Hazardous Exposures are also available. [Subscribe](#) to receive future newsletters by e-mail. (Source: *Disabilities.gov Veterans Health Information Update*)

**Higher TRICARE Premiums on Gates Agenda:** Defense Secretary Robert Gates has signaled that the department's fiscal 2012 budget request to be sent to Congress early next year will include recommendations to raise [TRICARE](#) premiums for some beneficiaries. If past proposals are a reliable guide, the target of higher fees is likely to be military retirees rather than active duty families. The Bush administration had tried for three straight years to raise fees for working age retirees. Congress blocked those efforts. Defense officials hope lawmakers, faced with mounting federal debt and tightening defense budgets, will be more receptive to the argument that TRICARE fees haven't been raised since they were set in 1995. (*Source: Military.com Military Report*) [Read the Full Article](#).

**Finding TRICARE Benefits Online:** Does TRICARE cover acupuncture? No. What about urgent care? Yes. Is there a maternity benefit? Definitely. Have more questions? You can find the answers quickly and easily online, at one of two convenient sources. The first is TRICARE's official website, [www.tricare.mil](http://www.tricare.mil). It's an excellent starting point for finding information about all aspects of your TRICARE benefit, from eligibility and plan selection, to specific information about your medical coverage. Just click "TRICARE Benefit Information" and enter some basic information to get started. Your other option is the beneficiary portal on TriWest's website, [www.triwest.com/beneficiary](http://www.triwest.com/beneficiary). There, you'll find information tailored for West Region service members and families, as well as:

- A searchable TRICARE benefits database
- Downloadable handbooks and brochures
- Printable forms
- TRICARE news

You can even register for a secure [www.triwest.com](http://www.triwest.com) account and choose to receive updates about your TRICARE benefit usage, such as explanations of benefits and fee statements, delivered straight to your e-mail inbox. Be sure to visit [www.tricare.mil](http://www.tricare.mil) or [www.triwest.com/beneficiary](http://www.triwest.com/beneficiary) to learn more about your TRICARE benefit. (*Source: Tricare 2 You*)

**Navy Ships Agent Orange Exposure List:** The Department of Veterans Affairs Compensation and Pension Service has issued two lists of naval vessels it has verified conducted operations on the inland "brown water" rivers and delta areas of Vietnam. The lists also identify certain vessel types that operated primarily on the inland waterways. If a veteran's service aboard one of these ships can be confirmed through military records during the time frames specified, then exposure to herbicide agents (e.g., Agent Orange) can be presumed. The lists include all vessels of Inshore Fire Support Division 93; all vessels with the designation LST, LCVP, PCF ("Swift Boats"), and PBR during their entire Vietnam tour; all Coast Guard WPBs and WHECs during their Vietnam tours. Several other vessels and time frames of operations are included in these lists. See [January 2010 ship listing](#) (PDF) and [June 2010 Updated Ship List](#) (DOC). If you served on any of these mentioned ships and you have had a claim denied, you should reapply citing the VA list as the source for your reapplication. National Association of Uniformed Services has been told the VA is already working on a third list that will have more ships listed. If you have a claim and evidence the ship you served on was in Vietnamese waters and/or actually tied up to a dock there, make sure you include that with your claim. (*Source: Military.com Veterans Report*)

### **Defense Finance Accounting Service Retired and Annuitant (R&A) Pay:**

DFAS is on Facebook DFAS has expanded its online presence by joining its first social networking site: Facebook. Read more: <http://www.dfas.mil/rapay/newsletter/dfasisonfacebook.html>

Did you notice a difference in your CRDP payment? Beginning with the June 1, 2010 paycheck, Concurrent Retirement Disability Pay (CRDP) is being rounded down to the nearest dollar amount, rather than paid to the exact penny. Read more:

<http://www.dfas.mil/rapay/newsletter/didyounoticeadifferenceinyourcrdppayment.html>

(Continued on next page)



Separation payment recoupment's resumed Aug. 1, and recoupment of military retirees' Voluntary Separation Incentive, Special Separation Benefit and other separation payments resumed August 2, 2010. Read more at: <http://www.dfas.mil/rapay/newsletter/separationpaymentrecoups.html> Have you moved lately? Your mailing address is one of the most important pieces of information that you have on file at DFAS. If you've moved recently or have a new P.O. Box, please notify us to ensure that your Retiree Account Statements, tax forms and other important documents will reach you in a timely manner. Read more: <http://www.dfas.mil/rapay/newsletter/haveyoumovedlately.html> (Source: Defense Finance and Accounting Service)

## Depression and Cholesterol:

By Betty Doyle

University of Montpellier analysts display to us how depression is related to cholesterol levels and gender. Do you know the Institute of Medical and Health Research (INSERM) and University of Montpellier financed scientists pointed that controlling 'good' and 'bad' cholesterol levels can help avoid mental conditions among aging seniors?

In a recent issue of the publication Biological Psychiatry (<http://www.biologicalpsychiatryjournal.com>) written in July 2010, leading researcher Doctor. Marie-Laure Ancelin of INSERM (Institut National de la Santé et de la Recherche Médicale <http://www.inserm.fr>) said that gender specific regulation of cholesterol can help prevent depression symptoms in the elderly.

French researchers followed a large group of males and females aged sixty five and older for 7 years. They established that depression in women was linked to low levels of "good" high-density lipoprotein cholesterol (HDL-C), which puts them at higher risk for cardiovascular disease, including stroke. On the other hand, depressive disorder in men was linked with low levels of "bad" low-density lipoprotein cholesterol (LDL-C). This association was strongest in men with a hereditary vulnerability to depression related to a serotonin transporter gene. Therefore, proper regulation of HDL-C and LDL-C levels may help stop depression in the seniors, the study concluded.

The research was published in the July 15 issue of the journal Biological Psychiatry (Reference: [http://www.biologicalpsychiatryjournal.com/article/S0006-3223\(10\)00393-8/abstract](http://www.biologicalpsychiatryjournal.com/article/S0006-3223(10)00393-8/abstract)).

Major nutritional sources of cholesterol include dairy products, egg yolks, meat, pork, poultry, and shrimp. Plant products such as flax seeds and peanuts have cholesterol-like substances known as phytosterols.

Total cholesterol means the sum of HDL (High-density lipoprotein), LDL (Low-density lipoprotein), and VLDL (Very-low-density lipoprotein). Usually, only the total, HDL, and triglycerides are measured.

Experts recommend to have cholesterol tested more frequently than 5 years if a person has total cholesterol of 200 mg/dL and up, or if a man over age 45 or a woman over age fifty has HDL (good) cholesterol under 40 mg/dL, or exist other risk aspects for heart problems and stroke.

So...what can you do to rise your HDL (good) and decrease your LDL (bad) levels?

1. Physical exercise can substantially raise HDL cholesterol while lowering LDL cholesterol.
2. Smoking cigarettes has been shown to lower HDL while raising LDL cholesterol.
3. Highly processed, trans fats simultaneously raise LDL cholesterol and lower HDL cholesterol.
4. Monounsaturated fats such as those found in extra virgin olive oil and avocados raise HDL and reduce LDL.
5. Fatty fish like salmon and sardines contain omega-3 fats that raise HDL and lower LDL.
6. Whole, intact grains contain soluble fiber and niacin, both of which raise HDL and may lower LDL.

Now it's all up to you...

About the author - Betty Doyle shares knowledge for the [anti depression pills](http://www.depressionpills.net/) blog. It's a nonprofit site focused on her personal depression journey. The blog focuses on offering energy and hope to anyone who is suffering from depression and supports those people to find the energy to fight back against the effects of depression. In this way she would like to alleviate some of the stigma mental illness depression can cause and help people perception of mood problems. (Printed by permission of the author)

**What You Don't See Can Hurt You:** Oftentimes, many assume poor eyesight is a natural part of growing old. It is true that low vision and blindness increase significantly in people over age 65, yet, age-related eye diseases, such as cataracts, can start developing in people as young as 40. Maintaining good eyesight is important to everyone, regardless of their age.

August is Cataract Awareness Month and TRICARE is encouraging all beneficiaries who have a sudden change in vision to see an eye professional. Getting an eye exam is still a smart idea for anyone, whether or not you have vision problems, such as cataracts.

A cataract is a clouding of the eye's naturally clear lens. The eye becomes like a window that is frosted or yellowed. It's important to know the risks and symptoms of cataracts, what to do to delay onset, and how to decide when it's time for surgery.

Risk factors for cataract include family history, diabetes, smoking, extensive exposure to sunlight, serious eye injury or inflammation and prolonged use of steroids. Several studies have revealed that African Americans and Latinos have nearly twice the risk of developing cataracts than whites, suggesting that it may be due to other medical illnesses, such as diabetes or lack of treatment, according to the National Institutes of Health's National Eye Institute (NEI).

The most common cataract symptoms are cloudy or blurry vision; colors that seem faded; headlights, lamps or sunlight may appear too bright; poor night vision; double vision or multiple images in one eye and frequent prescription changes in eyeglasses or contact lenses. These symptoms also can indicate other eye problems. Wearing sunglasses and a hat with a brim to block ultraviolet sunlight may help to delay the onset of cataracts. You should also stop smoking. The NEI also believes good nutrition can help reduce the risk of cataracts and recommends eating green leafy vegetables, fruit and other foods with antioxidants.

While some eye problems are minor, others can lead to a permanent loss of vision. All TRICARE beneficiaries are covered for medically necessary eye examinations related to the medical or surgical treatment of a TRICARE-covered illness, such as cataracts or eye injury.

TRICARE's eye benefits vary based on beneficiary type and TRICARE option. Active duty service members (ADSMs) and active duty family members (ADFMs) can get a routine eye exam every year and Prime retirees and their family members can get one every two years. Vision screening is excluded from the TRICARE Extra and TRICARE Standard plans except for one yearly comprehensive routine eye exam for ADFMs and vision screening under the well-child benefit. Find out more about TRICARE vision benefits at the TRICARE beneficiary portal at [www.tricare.mil/mybenefit/eyeexams](http://www.tricare.mil/mybenefit/eyeexams). Learn about eye health and protection at the NEI, [www.nei.nih.gov](http://www.nei.nih.gov). (Source: TRICARE Management Activity)

## **Final Flight**

## **CMSgt Norman I. Johnson**

March 1930 - July 2010

It is with sadness that I report the passing of a fellow RAO volunteer. CMSgt Norm Johnson passed away on 29 July 2010. Norm came to the RAO as a volunteer after full retirement in 2005. He was an enterprising person, a leader who could solve any problem, always ready to take on the leadership role; he set an example for all RAO volunteers to follow. Norm's leadership was responsible for many successful Retiree Appreciation Days and annual RAO Dining Outs. He will be kindly remembered by those he worked with and all that he met and helped at the Retiree Activities Desk every Wednesday. Norm retired from the Air Force following 26 years of service in the Radar career field. He received his B. S. Degree from St. Martin's University and worked for 12 years as the Quality Control Manager at Sub Base Bangor. Norm is survived by his wife, sons, (daughters-in-laws) and grandchildren.

**Court Rules Stolen Valor Act Illegal:** An appeals court panel in California ruled that federal law that makes it a crime to falsely claim valor is unconstitutional. The decision involves the case of Xavier Alvarez of Pomona, Calif., a water district board member who said he had received the Medal of Honor. Alvarez pleaded guilty on condition that he be allowed to appeal on First Amendment grounds. The 9th U.S. Circuit Court of Appeals sided with him in a 2-1 decision, agreeing that the law was a violation of his free-speech rights. The court said there's no evidence that such lies harm anybody, and there's no compelling reason for the government to ban such lies. [Read the full article.](#) (Source: *Military.com Veterans Report*)

**Tacoma Chapter of the Society of Military Widows:** The Tacoma Chapter of Military Widows is actively trying to reach out to Military Widows in the local area. The organization's goal is to offer support to Military Widows. The Society host a monthly luncheon and meeting on the 1<sup>st</sup> Tuesday of each month at the McChord Field Collocated Club. For more information you can call Jean Lingg at 253-219-7388 (Source: *Tacoma Chapter, Society of Military Widows*)



## McChord Museum's OA-10 Catalina

If you attended this year's Air Expo, no doubt you saw the Catalina with it's newly restored wings on display. Many Expo attendees stood in long lines to view this unique aircraft.

The OA-10 was the U.S. Army Air Force version of the famed PBY series seaplane flown by the Navy during WW II. The AAF OA-10 Catalina is a twin-engine, parasol-mounted monoplane equipped with a flying boat hull, retractable tricycle landing gear and a set of retractable wing-tip floats. Powered by two Pratt & Whitney R 1830-92 twin wasp radial engines, it had a maximum speed of 170 m.p.h. at 7,000 ft with a range of 2,550 miles, a service ceiling of 14,700 ft and max payload of 35,345 lb. The OA-10 was used primarily for air-sea rescue work ("DUMBO" missions) with the AAF's Emergency Rescue Squadrons throughout WW II and for several years thereafter. During the war, OA-10 crews rescued hundreds of downed pilots, co-pilots and aircraft crewmembers who were shot down or had to ditch in the Pacific. The prototype Catalina first flew on March 28, 1935. It was produced by Consolidated Aircraft Corp. in both seaplane and amphibian versions. Catalina's also known as (Cat's) were also produced by Canadian Vickers, Ltd. and the Naval Aircraft Factory. Eventually, nearly 2,500 Catalina derivatives were built for the Navy. Just before Pearl Harbor, the U.S. Army acquired the first of 56 PBY-5As (Patrol Bomber Consolidated - 5th series - Amphibian) from the U.S. Navy as OA-10s (Observation Amphibian - 10th aircraft type). In 1945, the Army purchased 75 of the improved PBY-6As built by Consolidated as OA-10Bs. At the end of 1948, the new U.S. Air Force changed OA-10A to A-10A. Soon these became SA-10As (Search Amphibian), when the USAF reserved the A for Attack aircraft. The AAF/USAF eventually purchased 380, the survivors served in search and rescue work until replaced by the Grumman SA-16 "Albatross" in the mid 1950s.





**Reduce**  
**Reuse**  
**Recycle**



It's the right thing to do!

## ***McChord Recycling Center Location*** **Public drop-off bins are always open!**

### **We Take:**

- Aluminum
- Any Paper
- Cardboard
- Tin
- Glass
- Plastics
- Clothing
- Cell Phones
- Mike Cartons
- Drink Boxes
- Scrap Metal
- Most Appliances (call for info)
- Electronics (TV's, Computers Monitors)
- CFL bulbs, Fluorescent tubes
- Household Batteries (AAA, AA, C & D Cells)
- 24 Hour drop-off

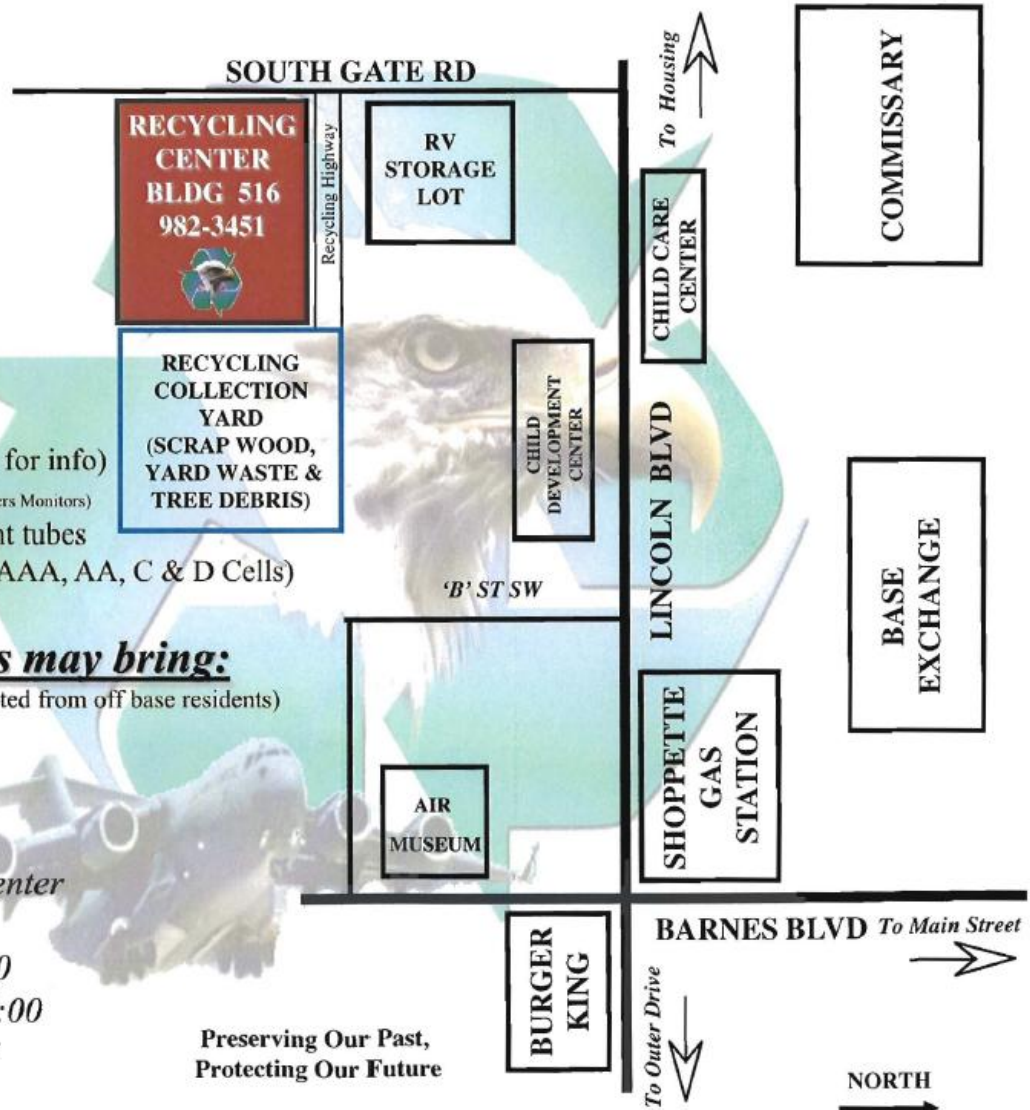
### **Base Residents may bring:**

(These items are not accepted from off base residents)

- Scrap Wood
- Tree Debris
- Yard Waste

*to the Recycling Center  
Collection Yard*

**Mon-Fri 8:00 - 4:00**  
**Saturday 10:00 - 3:00**  
(Contact Recycling Center  
Manager prior to deposit)



Preserving Our Past,  
Protecting Our Future