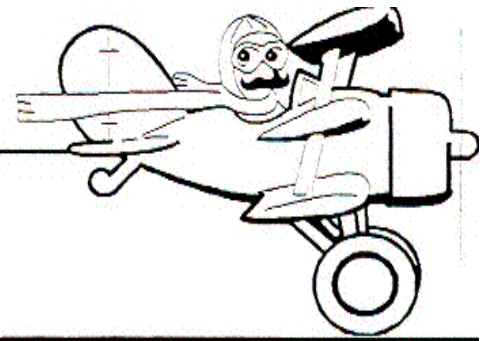


HANGAR FLYING

March / April 2011



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 – raoaffairs@us.af.mil Web Site www.mcchordrao.com Retiree Activities Office: Open 0900-1200 Monday - Friday

‘Modest’ TRICARE Increases: In January, Defense Secretary Gates hinted at a 2012 DoD budget plan which would include “modest” increases in TRICARE fees. Many of us have been waiting to hear what Sec. Gates meant by “modest.” On February 15, DoD released the proposed defense budget; we now know that modest equates to \$60 a year. If passed by congress, TRICARE Prime enrollment fees for retiree families would go from \$460 to \$520 per year; and enrollment for single retirees would go from \$230 to \$260 per year. The increases **do not apply** to active-duty military families and members, or retirees past age 65 – only retirees enrolled in TRICARE Prime. This increase is modest, however, beginning with next year’s increases in the annual enrollment fees for military retirees under 65, the Pentagon wants to continue to chip away at the costs over the next five years. So what comes next? (*Source Military.com*)

TRICARE Beneficiaries Encouraged to Review New Dietary Guidelines: New dietary guidelines released by the Department of Health and Human Services and the Department of Agriculture urge Americans to increase physical activity, reduce sodium intake, choose foods that provide more potassium and opt for water, instead of soft drinks. The 2010 Dietary Guidelines for Americans, which are issued every five years, come at a time when the majority of adults and one in three children are overweight or obese. The military and uniformed service communities are not immune to this obesity epidemic. Recognizing obesity is a major health hazard in the United States, the seventh edition of the Guidelines place stronger emphasis on reducing calorie consumption and increasing physical activity.

Eating and physical activity patterns that are focused on consuming fewer calories, making informed food choices, and being physically active can help people attain and maintain a healthy weight, reduce their risk of chronic disease, and promote overall health, according to the Guidelines.

TRICARE leaders agree, and encourage their 9.6 million beneficiaries to review the Guidelines and incorporate good eating habits, as well as physical activity into their lifestyle. The Guidelines include 23 key recommendations for the general population and six additional key recommendations for specific population groups, including pregnant women and minorities. New in this report is an emphasis on reduction of sodium intake to less than 2,300 mg, with a further reduction to less than 1,500 mg for everyone 51 and older, African Americans of any age and everyone with high blood pressure, diabetes or chronic kidney disease.

Additional recommendations include:

- Increase vegetable and fruit intake, especially those that are dark green, red or orange
- Avoid oversized portions
- Increase intake of fat-free or low-fat (1 percent) milk and milk products
- Follow food safety recommendations when preparing and eating foods to reduce the risk of food borne illnesses (clean, separate, cook and chill)

The 2010 Dietary Guidelines are available at www.dietaryguidelines.gov. To learn more about healthy diets, exercise and ways to help prevent obesity, visit TRICARE’s Get Fit website at www.tricare.mil/getfit. (*Source: Tricare News Release*)

TRICARE Cautions Against Overuse of Common Pain Medications: The Food and Drug Administration (FDA) is limiting the amount of acetaminophen allowed in prescription pain medications. The ruling came with renewed warnings that exceeding the recommended daily dose of 4,000 milligrams can lead to serious liver problems. Acetaminophen is one of the most common pain-relieving medications. The new limit of 325 milligrams per capsule or pill is less than half the amount now found in some prescription medications. Drug manufacturers have three years to comply with this new rule, which only applies to prescription medications, not over-the-counter drugs.

Beneficiaries should not overreact to the ruling, but should be aware of the danger. Beneficiaries should be careful when they also take over-the-counter pain medication to treat symptoms like headache or fever. Many common over-the-counter painkillers or cough medications contain acetaminophen. They will not be affected by this FDA ruling. Taking these medications together with prescription painkillers containing acetaminophen could exceed the FDA's recommended daily dose, possibly causing liver damage. It's best for beneficiaries to take only one medication containing acetaminophen at a time. If you are prescribed a medication with acetaminophen you should find a different over-the-counter drug to treat other symptoms.

There are ways TRICARE beneficiaries can make sure they don't take too much acetaminophen. Beneficiaries should always know every medication they are taking, including over-the-counter drugs, and inform their pharmacist or doctor of these medications when obtaining a prescription. Beneficiaries should take all medications at the prescribed dosage and time, and not use alcohol with medications containing acetaminophen. If beneficiaries have questions about acetaminophen content in a specific medication, they should consult their pharmacist. Beneficiaries who use TRICARE pharmacy home delivery have phone access to a pharmacist 24/7, at 1-877-363-1303. For more information about the FDA ruling on acetaminophen, go to www.fda.gov/Drugs/DrugSafety/ucm239821.htm. (Source: TRICARE Media Center)

Tricare Dental Program Update 03: DoD has awarded the new Tricare Dental Program (TDP) contract to Metropolitan Life Insurance Company, Inc. The contract provides worldwide coverage for enrolled family members of active duty personnel and to members of the Selected Reserve and Individual Ready Reserve and their eligible family members. Approximately 1.9 million beneficiaries are currently enrolled in the premium-based TDP worldwide. Dental care under the new contract will begin 1 FEB 2012, following a 12-month transition period. New features of the TDP contract include:

- An increase in the annual maximum from \$1,200 to \$1,300
- An increase in the lifetime orthodontic maximum from \$1,500 to \$1,750
- Coverage of posterior resin (white) fillings
- Additional \$1,200 maximum per year for services related to accidents/injuries
- No cost shares for some periodontal services for diabetics
- Coverage of an additional cleaning for women during pregnancy
- First-year premiums below current rates

(Source: MOAA Leg Up 14 JAN 2011)

JOINT BASE LEWIS-McCHORD RETIREE APPRECIATION DAY to be held on 20 May 2011 at McChord Field, Hangar 9 (bldg #1166). Registration will be from 0730 to 1300 hours. 62 military related agencies will be participating in the event. Madigan Army Medical Center and the McChord Clinic will have 52 departments involved in the Health Fare portion of the event. Door prizes will be awarded throughout the day; you must register to win. Breakfast and lunch will be available, breakfast \$6.50 per person from 0800 to 1000 and lunch \$10 per person from 1130 to 1300. We will be posting complete details on our web site www.mcchordrao.com in the very near future; please plan on attending this important event. (Source JBLM Lewis-McChord RSO/RAO)

Annual McChord Retiree Dining Out Now the "McChord Heritage Dinner"

This year's annual retiree Dining Out is being converted to a dinner. By removing the ceremony associated with a Dining Out we hope the evening will allow more time to chat with old friends, make new friends...and perhaps tell a war story or two! The event is set for 6 May at 1830 at the McChord Club. We're still ironing out the entertainment; so watch for an e-mail in mid-April with the finalized program. Please RSVP to the McChord Club using the attached form.

Reservation Form For 1st Annual McChord Heritage Dinner (Formerly the Annual Retiree Dining Out)

The McChord Field 62 AW Retiree Activities Office extends a cordial invitation to all military retirees, active duty service members and their families, friends and neighbors to attend the Retiree Heritage Dinner at 1830 hours on 6 May at the McChord Consolidated Club. Come join us in an evening of camaraderie and conversation.

For those wearing civilian attire, dress will be business dress (coat and tie for men, suit or dress for women) and Class A's/Service Dress for those choosing to wear their uniforms.

A "no host" cocktail bar will open the event at 1830 hours. Dinner will be a choice of:

Prime Rib Au Jus \$22.95 per person (\$20.95 for club members)
Or
Fillet of Salmon \$20.95 per person (\$18.95 for club members)

Both are served w/ Roasted Baby Red Potatoes, Green Beans Almandine and Spring Greens Salad w/Raspberry Vinaigrette.

Please let us know if you would like to attend by returning this form to the McChord Club Management Office or make your reservation **no later than 2 May 2011**.

Mail To: McChord Collocated Club
PO Box 4007
McChord AFB, WA 98438

1. Please make reservations for _____persons.

2. Number for:

Prime Rib _____ \$22.95 ea (\$20.95 for club members)
Salmon _____ \$20.95 ea (\$18.95 for club members)

___ Enclosed is my check payable to McChord Collocated Club or

___ Please charge my officer/enlisted club card # _____ (Club card number last nine digits). Expiration date _____

3. Make reservations in the name of _____

4. You may contact me at (home phone) _____

Final Flight

Major General Jack K. Gamble

1922- March 2011

It is with deep regret that we report the passing of Jack Gamble, the founder of our Retiree Activities Office here at McChord. General Gamble was born in 1922, at Belleville, ILL. He attended the University of Utah and the University of Maryland, and was a graduate of the Air Command and Staff School and the Industrial Collage of the Armed Forces. He enlisted in the Army Air Corps in 1942, entered the aviation cadet program and graduated in March 1943 at Williams Field Ariz. He then entered Night Fighter Combat Crew Training School, Orlando Fla. where he flew the P-70 aircraft. In 1943, he was assigned to the European Theater where he flew the Bristol Beaufighter, completing 98 combat missions and amassing 277 combat flying hours. His decorations and awards include the Legion of Merit, Distinguished Flying Cross, and Air Medal with two oak leaf clusters, and the Presidential Unit Citation. He was a command pilot with over 5000 flying hours in thirty-eight types of aircraft. During his career, he was commander of 52nd Fighter Wing Suffolk County Air Force Base, 35th Air Division Hancock Field New York, 20th North American Air Defense Command Fort Lee Air Force Station, 25th North American Air Defense Command McChord Air Force Base and Commander Alaskan Air Command Elmendorf Air Force Base. General Gamble retired Sept 1 1975 with 33 years of service to his country. He and his wife made their home in Oakbrook, where he became active in community volunteer activities for many years. General Gamble was the founder of the McChord Retire Activities Office. Jack and a few other dedicated volunteers established the retiree office and implemented the procedures to meet the needs of the retired Air Force community in Western Washington and Northern Oregon. He also established the annual Retiree Dining Out to foster camaraderie amongst the area retirees. General Gamble is survived by his two sons, two daughters-in-law, three grandchildren and two great grandsons.

TRICARE Promotes Colorectal Cancer Screening: Colorectal cancer is the third most common cancer among men and women in the United States. It is the second leading cause of cancer-related deaths in the U.S., according to the Centers for Disease Control and Prevention (CDC). The TRICARE Management Activity encourages beneficiaries to take advantage of the cost free preventative screenings available to them. For TRICARE Prime and Standard beneficiaries, there are no cost shares or co-pays for colorectal cancer screenings, as well as many other important preventive care services. For Medicare-eligible beneficiaries covered by TRICARE For Life, Medicare covers colorectal cancer screening tests and TRICARE generally pays the remainder of any costs not paid by Medicare. (*Source: TRICARE News Service*)

Stay Eligible: Keep DEERS Up to Date: The Defense Enrollment Eligibility Reporting System (DEERS) is the worldwide database for all service members, their family members and others who are eligible for military benefits—including TRICARE. The Department of Defense uses the information stored in your DEERS record to determine your eligibility for TRICARE benefits and programs, as well as your TRICARE region. As a TRICARE Standard beneficiary, you do not need to fill out enrollment forms or pay annual fees. Your eligibility is shown in DEERS when your records are up to date. Keeping your DEERS information accurate helps make sure that you can access TRICARE benefits—including doctors' appointments, medications and reimbursements—when you need to. Remember to check your DEERS information regularly, especially when you have a life-changing event, such as moving, getting married, getting divorced or having a child. Only sponsors (or sponsor-appointed individuals with valid powers of attorney) can add or delete a family member. These updates must be made in person at the nearest identification (ID) card-issuing facility. To find a location, visit www.dmdc.osd.mil/rsl. When there is a change in information, each family member's eligibility record must be updated separately. Listed below are several ways to update your contact information in DEERS. Once registered, family members age 18 and older may update their own contact information.

1. **Online:** To access the Beneficiary Web Enrollment website, visit www.tricare.mil/bwe.
2. **In person:** Visit the nearest ID card-issuing facility. For locations, visit www.dmdc.osd.mil/rsl.
3. **By phone:** Call 1-800-538-9552 or 1-866-363-2883 (TTY/TDD) to update your contact information.
4. **By fax:** Fax contact information updates to 1-831-655-8317.
5. **By mail:** Mail contact information updates to: Defense Manpower Data Center Support Office 400 Gigling Road Seaside, CA 93955-6771. (*Source: TRICARE*)

VA - Health Care - Gulf War, Agent Orange and Ionizing Radiation Registry

Program: Program Description: In 1978, VA set up a register of Vietnam veterans who were worried that they might have been exposed to dangerous herbicides during their military service in Vietnam. Beginning in that year, Vietnam veterans were offered an extensive medical examination to look for possible health effects resulting from exposure to the herbicides-an exam that is still offered at all VA medical centers.

The "Agent Orange Registry" is a computerized index of all of those examinations.

Since that time, we have also set up registries for Gulf War veterans as well as for veterans who were exposed to ionizing radiation and depleted Uranium.

Veterans are eligible for the registry exams "with no strings attached." If they're found to have medical conditions associated with one of the categories of diseases associated with service covered by one of the registries, they will always be entitled to free treatment from VA for those conditions.

Further, they automatically qualify for enrollment in the VA health care system in Priority Group 6.

General Program Requirements

For an understanding of the registry examinations, please see "Description" below.

Registry examinations are not part of the Medical Benefits Package. You don't have to apply for health care to get a registry exam. There are no length-of-service requirements, but you must have been discharged under other than dishonorable conditions.

Four groups of veterans are eligible for registry examinations.

(Continued on next page)

Agent Orange Registry. These exams are available to-

1. Any U.S. male or female Vietnam era veteran who served in the Republic of Vietnam between 1962 and 1975
2. Any U.S. veteran who served in Korea during 1968 or 1969
3. Any U.S. veteran who may have been exposed to dioxin, or other toxic substance in an herbicide or defoliant, during the conduct of military operation, or as a result of, the testing, transporting, or spraying of herbicides for military purposes.

Persian Gulf Registry. For these examinations, you must simply have participated in Operations Desert Shield, Desert Storm, and Iraqi Freedom.

Ionizing Radiation Registry. VA offers these examinations to any veteran who participated in a "radiation risk activity." These include: On site participation in a test involving the atmospheric detonation of a nuclear device. Participation in the occupation of Hiroshima or Nagasaki from August 6, 1945 through July 1, 1946.

Internment as a Prisoner of War in Japan (or service or active duty in Japan immediately following such internment). Service at Department of Energy plants at Paducah, KY, Portsmouth, OH, or the K25 area at Oak Ridge, TN for at least 250 days before February 1, 1992. Service at Longshot, Milrow, or Cannikin underground nuclear tests at Amchitka Island, AK prior to January 1, 1974.

Depleted Uranium Registry. VA maintains two registries for veterans who may have been exposed to depleted uranium. One is for veterans who served in the Gulf War, including Operation Iraqi Freedom. The second is for veterans who served elsewhere, including Bosnia and Afghanistan. *(Source: U.S. Department of Veterans Affairs <http://www.va.gov/>)*

New VA Caregiver Support Line: The Department of Veterans Affairs (VA) has opened a new, toll-free telephone line for the caregivers of veterans of all eras. The National Caregiver Support Line at 1-855-260-3274 will assist caregivers, Veterans and others seeking caregiver information. The telephone line will be available Monday through Friday, 8 a.m. to 11 p.m., eastern time; and Saturday, 10:30 a.m. to 6 p.m., eastern time. Licensed VA social workers and health technicians will staff the support line. For more information on caring for veterans, visit the [VA's Caregiver webpage www.caregiver.va.gov](http://www.caregiver.va.gov) *(Source Military.com Veterans Report)*

VA's caregiver support program expanding: Department of Veterans Affairs officials are expanding support nationally to caregivers of veterans with Alzheimer's disease. A pilot program of the Resources for Enhancing Alzheimer's Caregiver Health in VA program (REACH VA) showed great success in reducing stress on caregivers while improving care outcomes for the veterans.

REACH VA involved 127 caregivers connected to 24 VA medical centers. The median age for the caregiver was 72, and the majority of the participants were spouses. Typical issues caregivers face when caring for veterans with Alzheimer's disease and dementia include memory problems, behavior problems and the need to provide basic attendance such as grooming assistance. Caregivers typically reported feeling overwhelmed, frustrated, cut off from family and friends, lonely, prone to bouts of crying and having worse physical health than the year before. For six months, the REACH VA caregivers were provided 12 individual in-home and telephone counseling sessions, five telephone support group sessions, a caregiver quick guide with 48 behavioral and stress topics, education on safety and patient behavior management and training for their individual health and well being. Caregivers saw their burden reduced; drops in depressive symptoms and their related daily impacts; fewer frustrations, including those that have clinical potential for abuse; and decreases in dementia-related behaviors from the veterans they cared for. Caregivers also reported they were able to spend fewer hours per day devoted to caregiving duties.

VA officials will roll out REACH VA on a national basis through home-based primary care programs across the country. In addition, the program will be modified to assist caregivers of veterans with other diagnoses like spinal cord injury and traumatic brain injury. (Continued on next page)

An article on the REACH VA program was published in the Feb. 28 issue of the Archives of Internal Medicine.

Drs. Nichols and Jennifer Martindale-Adams, from VA's Memphis facility, are the lead authors and based the VA pilot on the funded REACH II study by the National Institute on Aging and the National Institute for Nursing Research. REACH VA is the first national clinical implementation of a proven behavioral intervention for stressed and burdened dementia caregivers. Local caregiver support coordinators are available to assist veterans of all eras and their caregivers in understanding and applying for VA's many caregiver benefits. VA also features a website, www.caregiver.va.gov, with general information on REACH VA and other caregiver support programs available through VA and the community. People can also call toll free 855-260-3274. (Source: VA News)

New DoD PTSD Website: The Department of Defense has launched a website, "[Virtual PTSD Experience](#)", that will allow users to explore the causes and symptoms of post-traumatic stress in an anonymous setting on the Second Life virtual world platform. Second Life provides T2, a limitless space on the Internet where servicemembers can learn more about PTSD causes, symptoms and resources for information and care. Visitors enter the Virtual PTSD Experience space through the Second Life website, which can be accessed for free. For more information, visit the <http://www.t2health.org/vwproj/>. (Source: Military.com)

Air Force Medical Now on Facebook: The Air Force Medical Service (AFMS) has announced the launch of its new Facebook page. The page includes general health announcements to include patient-centered care, health advice and resources, news updates about the AFMS and Military Health Service (MHS), health-related videos and relevant links to other federal and military pages or websites. AFMS leadership invites readers to become a Fan of the new Facebook page at <http://www.facebook.com/AirForceMedicalService>.

Million Veteran Program: The Veterans Affairs (VA) Office of Research and Development is launching the Million Veteran Program (MVP), an important partnership between VA and Veterans. The goal of MVP is to better understand how genes affect health and illness in order to improve health care for Veterans. MVP will establish one of the largest databases of genetic and health information to be used for future studies that may lead to new ways of preventing and treating illnesses in Veterans and all Americans. For more information on the program visit <http://www.research.va.gov/MVP/>. (Source: Veterans Affairs)

Final Rule on DMZ Agent Orange Exposure: Due to a final regulation recently issued, VA officials will now presume herbicide exposure for any veteran who served between April 1, 1968, and August 31, 1971, in a unit determined by VA and Department of Defense officials to have operated in an area in or near the Korean DMZ in which herbicides were applied. Veterans with covered service in Korea who have medical conditions that may be related to Agent Orange are encouraged to submit their applications for access to VA health care and compensation as soon as possible. Additional information about Agent Orange and all the VA's services for Veterans exposed to the chemical is available at this website

<http://www.publichealth.va.gov/exposures/agentorange/>. (Source: Veterans Administration)

Space-A Travel Opportunities: Space-A flights, also known as "military hops," are free with the exception of customs and head tax fees on the aircraft. To sign up, eligible travelers must present a DOD-issued ID card (for ages 10 and up) and appropriate travel authorization or, for active duty personnel, current leave paperwork. Eligible travelers can sign up for Space-A in person at any passenger terminal, or by fax, email, Internet or regular mail. For more information, including AMC passenger terminal information, travel eligibility, and a downloadable Space-A traveler handbook, visit the [AMC travel website](#). <https://www.amc.af.mil/amctravel/index.asp>. Passenger terminal locations and contact information can be found at the [AMC travel website](#). <https://www.amc.af.mil/amctravel/amctravelcontacts.asp>. (Source: Military.com)

National Parks: Secretary of the Interior Ken Salazar has announced that National Park Service officials will waive admission fees on 17 selected dates throughout 2011 to encourage all Americans to visit a national park this year. With 394 national parks throughout the country, most Americans live within a few hours of a park, making them places for easy and affordable vacations any time of the year. Many national park concessions also will offer discounts on fee-free days, saving visitors money on food, lodging, tours and souvenirs. For more information, visit the National Park Service website

www.nps.gov/findapark/feefreeparks.htm . Following are the fee-free days in 2011:

- ~~January 15-17 (Martin Luther King, Jr. Birthday weekend)~~
- April 16-24 (National Park Week)
- June 21 (First day of summer)
- September 24 (Public Lands Day)
- November 11-13 (Veterans Day weekend)

National Park Pass Program: The National Park Service is an important participant in the new Interagency Pass Program which was created by the Federal Lands Recreation Enhancement Act and authorized by Congress in DEC 04. Participating agencies include the National Park Service, U.S. Department of Agriculture - Forest Service, Fish and Wildlife Service, Bureau of Land Management and Bureau of Reclamation. The Access Pass offered under the program is the replacement for the Golden Access Passport as of JAN 07. Golden Access Passports remain valid and do not have to be replaced with the Access Pass. It is a lifetime pass for U.S. citizens or permanent residents, regardless of age, with permanent disabilities. A permanent disability is a permanent physical, mental, or sensory impairment that substantially limits one or more major life activities, such as caring for oneself, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning, and working. Documentation is required to obtain the pass and it must be obtained in person by the applicant.

Acceptable documentation includes:

- Statement by a licensed physician;
- Document issued by a Federal agency such as the Veteran's Administration, Social Security Disability Income or Supplemental Security Income; or
- Document issued by a State agency such as a vocational rehabilitation agency.

The pass provides access to, and use of, Federal recreation sites that charge an Entrance or Standard Amenity. It is not valid at state parks or local recreation areas. Photo identification may be requested to verify pass ownership. The pass admits the pass holder and passengers in a non-commercial vehicle at per vehicle fee areas and pass holder + 3 adults, not to exceed 4 adults, at per person fee areas (children under 16 are admitted free).

(Continued on the next page)

The pass can only be obtained in person at the park. The Access Pass provides a 50% discount on some Expanded Amenity Fees charged for facilities and services such as camping, swimming, boat launching, and specialized interpretive services. In some cases where Expanded Amenity Fees are charged, only the pass holder will be given the 50% price reduction. The pass is non-transferable and generally does not cover or reduce special recreation permit fees or fees charged by concessionaires. (Source: http://www.nps.gov/pub_aff/access/access_pass.htm Jan 2011)

Tax Burden for Washington Retirees: Many people planning to retire use the presence or absence of a state income tax as a litmus test for a retirement destination. This is a serious miscalculation since higher sales and property taxes can more than offset the lack of a state income tax. The lack of a state income tax doesn't necessarily ensure a low total tax burden. Following are the taxes you can expect to pay if you retire in Washington:

Sales Taxes State Sales Tax: 6.5% (food and prescription drugs exempt) Local taxes may increase total tax to 9.5%. Tax is 6.8% on sales and leases of motor vehicles. **Gasoline Tax:** 37.5 cents/gallon **Diesel Fuel Tax:** 37.5 cents/gallon **Cigarette Tax:** \$2.025/pack of 20 **Personal Income Taxes:** No state personal income tax.

Retirement Income: Not taxed.

Property Taxes: Property taxes account for about 30% of Washington's total state and local taxes. Properties are appraised at 100% of fair market value. A property tax exemption program is available for persons age 61 or older, or persons unable to work due to a physical disability. (Continued on the next page)

The property, which can include up to an acre of land, must be owner/buyer occupied. The state offers a property tax exemption program for those whose household income does not exceed \$35,000. If your income is between \$35,000 and \$40,000, you may qualify for the tax deferral program. If your annual income for the application year does not exceed \$35,000 your home will be exempt from all excess and special levies approved by voters. If your household income is between \$25,001 and \$30,000, you are exempt from regular levies on \$50,000 or 35% of the assessed value, whichever is greater (but not more than 70,000 of the assessed value. For more information, call 360-570-5867. For additional info refer to

<http://dor.wa.gov/Content/FindTaxesAndRates/PropertyTax/IncentivePrograms.aspx> For senior exemptions and deferrals refer to http://dor.wa.gov/Docs/Pubs/Prop_Tax/SeniorExempt.pdf.

The state's tax deferral program works in conjunction with the exemption program. A senior citizen or disabled person may defer property taxes or special assessments on their residence if they meet certain age, disability, ownership, occupancy and income requirements. The state pays the taxes on behalf of the claimant and files a lien on the property to indicate the state has an interest in the property. The deferred taxes must be repaid to the state plus 5% interest when the owner dies, sells or moves from the home, or doesn't have sufficient equity in the property. Qualified people may participate in both or one of these programs. For more details on property taxes refer to http://dor.wa.gov/Docs/Pubs/Prop_Tax/HOMeOwn.pdf or call 800-647-7706.

Inheritance and Estate Taxes Washington replaced the inheritance tax in 1982 with an estate tax. Effective January 1, 2009 the Washington State filing threshold is different from the federal filing threshold for completing the estate tax return. If the decedent has a gross estate or a taxable estate plus taxable gifts of \$2,000,000 or more, the estate is required to file a Washington State estate tax return. If the decedent has a gross estate or taxable estate plus taxable gifts of \$3,500,000 or more, the estate is required to file a Washington State estate tax return. For further information, visit the Washington Department of Revenue site

<http://dor.wa.gov/Content/Home/Default.aspx> or call 800-647-7706. (Source: www.retirementliving.com Feb 2011)



McChord's F-86D In the late 1940s, the US government along with the USAF, began a massive effort to develop an effective defense of US airspace to counter a growing Soviet threat. In support of this, the USAF chose the Convair "1954 Interceptor" project as their primary aircraft for this role, and the Northrop F-89 Scorpion as an interim. After many delays in the F-89 development program, the Air Force looked at two aircraft as alternatives to the Scorpion, a modified Lockheed TF-80C which evolved into the F-94 Starfire, and highly modified all-weather interceptor version of the F-86A Sabre, the F-95A (F-86D). As the YF-95, the Sabre Dog completed

a successful first flight on December 22, 1949, later on July 24, 1950, the designation was changed to YF-86D. The Sabre Dog differed greatly from its cousin, while externally similar to the F-86A there was only 25% commonality between the two aircraft. The F-86D was also the first USAF aircraft to carry an all missile armament, and was the first all weather interceptor to be operated by one pilot, operating the radar and flight controls. The first operational F-86D entered USAF Squadron service in March 1951, with McChord's 317th FIS with the 465th FIS's receiving their first aircraft in 1953. During the 1950's, F-86D's became the most prominent Interceptor in 25th Air Division arsenal, flying from 5 bases in a total of 14 squadrons, 6 being redesignations that occurred on August 18, 1955, in a program named "Project Arrow" which to return displaced squadrons back to their WWII Wings. On November 19, 1952 & July 16, 1953 the F-86D set new world speed records by flying to speeds of 698.505 and 715.697. After a production run of 2,506, production ended with the delivery of the last "Dog" in September 1955. F-86D served in more than 100 USAF & ANG squadrons until June 1961. (Source McChord Field Heritage Museum)