



# Family Deployment Supplement to the Connecticut Guardian

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UNITED STATES  
HOUSE OF REPRESENTATIVES  
ROSA L. DE LAURO  
30-DISTRICT, CONNECTICUT

April 2003

Dear National Guard Family,

First, let me take this moment to thank you for the sacrifice your family is making for our country. It must be difficult to know that your loved ones are far from home and I want you to know that my staff and I are available to offer you any assistance that you may need while your loved one is deployed and when they return. The brave men and women of our National Guard play a vital part in protecting and defending our nation and the freedoms we all cherish. The support of their loved ones in this endeavor is crucial to their success.

The U.S. Armed Services provide comprehensive support services for the families of the National Guard members who have been called to active duty. If you are unaware of these valuable programs, my office would be happy to help you connect with these services and to utilize new benefits, including health care, for which your family may now be eligible.

Additionally, my staff and I can provide you with any assistance you may require with other federal agencies. I believe that the most important part of my job is the ability to assist my constituents in navigating the bureaucracy of the federal government. Whether with the Veterans' Administration, the Social Security Administration, the Internal Revenue Service, the Immigration and Naturalization Service, or any other federal agency, I hope you will feel free to contact my offices if I can help in any way.

As a Member of the U.S. House of Representatives, I am faced every day with those issues which directly effect you and your family. Homeland Security, strengthening the economy, creating new jobs, improving access to quality affordable health care, and ensuring that our children receive the best possible education are among those issues which have a direct impact on your lives. I hope that you will continue to share your views with me on these or any other issue of importance to you and your family. You can contact my District Office at (203) 562-3718.

My deepest thanks and appreciation for your unparalleled courage during these serious times. Your strength inspires our country to greatness.

Sincerely,  
  
ROSA L. DELAURO  
Member of Congress

PHOTO BY MICHAEL

## Loved ones find comfort and camaraderie at base potlucks

STAFF SGT. CAROLYN A. ASELTON  
103<sup>RD</sup> FIGHTER WING PUBLIC AFFAIRS

Nearly 120 loved ones of deployed Connecticut Air National Guard members met in March with the base commander and the family support team during a potluck dinner in the base dining hall.

They arrived with various homemade plastic-wrapped casseroles, salads, and cookies that they shared while swapping stories and concerns with other unit family members.

"I was pleasantly surprised," said Dawn, wife of Scott a Master Sgt., 103<sup>rd</sup> Maintenance Squadron, who is overseas fighting the war on terrorism, about her dinner experience. "I wasn't quite sure what to expect and was comforted by hearing Col. Scace speak and by what he had to say."

Col. Daniel R. Scace, commander, 103<sup>rd</sup> Fighter Wing, told the group that he did not know when the airmen would return home. He answered questions about the airmen's living conditions, work shifts, morale, and communication dos and don'ts, warned people to not believe everything they saw on TV, and urged them to call the base with any questions or concerns.

The communications flight personnel provided a video camera with which the family members could send greetings. The taping took place in front of a tree adorned with yellow ribbons.

Parents, grandparents, siblings, spouses, children, extended family, and friends took turns holding the microphone to record their messages.

To one airman his family said, "We miss you. We love you. We're really proud of you back here."

Home video plans are also in the works for the first child of Scott, a Tech. Sgt., 103<sup>rd</sup> Maintenance Squadron, who is expected June 15, Father's Day.

See **FAMILY POTLUCK** Page S3



Families of deployed Connecticut Air National Guardsmen take a group photo of the their "new family" after a potluck dinner at the base. (Photo by Staff Sgt. Carolyn A. Aselton, 103<sup>rd</sup> Fighter Wing Public Affairs)

## Medical and dental care for Reserve Component members and their families

Members of the reserve component who are called to active duty for more than 30 days are eligible for TRICARE, the same as any active duty service member. Families of these individuals may also become eligible for TRICARE if the sponsor is called to active duty for more than 30 days.

To ensure family members are eligible for TRICARE upon activation, sponsors should register their family members in the Defense Enrollment Eligibility Reporting System (DEERS).

### TRICARE for a Reserve Component Military Sponsor

Members of the reserve component are entitled to medical care in any uniformed services military treatment facility (MTF) for any injury, illness or disease incurred or aggravated in the line of duty.

When activated for more than 30 days, members of the reserve component become eligible for TRICARE Prime.

All care should be sought from an MTF or TRICARE network provider. When the sponsor is no longer on active duty orders, TRICARE eligibility ends; however, line-of-duty care may be received in a MTF for injuries or illnesses incurred while the sponsor was on active duty.

Members ordered to active duty in support of a contingency operation and their family members may be eligible for transitional health care for 60 to 120 days, depending on their total active federal military service.

### TRICARE for Families of Activated Members of the Reserve Component

Family members of reserve component members become eligible for TRICARE Extra and TRICARE Standard on the first day of the military sponsor's active duty if his or her orders are for more than 30 consecutive days or if the orders are for an indefinite period.

They also become eligible for the TRICARE Pharmacy Program\* and may have prescriptions filled at MTF pharmacies, through the TRICARE Mail Order Pharmacy, or at retail pharmacies.

Eligible family members may enroll in TRICARE Prime if their sponsor is called to active duty for more than 30 days.

If eligibility criteria are met, eligible family members may enroll in TRICARE Prime Remote for Active Duty Family Members. There are no enrollment fees or co-payments for family members, but enrollment forms must be completed, and MTFs or TRICARE Prime network providers must be used.

Many reserve component families may have continuing relationships with providers who are not in the TRICARE Prime network. In these cases, enrolling in TRICARE Prime may not be the best choice—instead, using TRICARE Standard

can be the most flexible and economical option, even though beneficiaries must pay a share of the cost of health care.

### TRICARE Dental Program (TDP)

Members of the Selected Reserve and Individual Ready Reserve (IRR) and/or their families may enroll in the TDP.

Reserve component members who are ordered to active duty for more than 30 consecutive days are eligible for military dental care, the same as active duty service members, and are automatically disenrolled from the TDP if previously enrolled.

Members should be automatically re-enrolled upon termination of their orders, but to ensure coverage they should check with the TDP administrator, United Concordia Companies Inc. (UCCI), at 1-800-866-8499, before seeking treatment.

The TDP requires a minimum twelve-month enrollment period; however, that commitment is waived for families of reservists called to active duty for certain contingency operations.

### Benefits Available During Demobilization

Reserve component members ordered to active duty for more than 30 days in support of a contingency operation (does not include full-time National Guard Duty) are entitled to transitional health care and dental benefits upon separation.

Family members are not eligible for transitional dental benefits, but they are eligible for dental benefits under the TDP.

Members separated with less than six years of total active federal military service (as indicated on the DD 214) and eligible family members are eligible for 60 days of transitional health care.

Members separated with six years or more of total active federal military service and their eligible family members are eligible for 120 days of transitional health care.

Reserve component members are eligible for the Continued Health Care Benefit Program (CHCBP) when they lose military health benefits and their transitional health care benefit period has expired. They also may enroll their family members for this coverage.

CHCBP provides benefits similar to TRICARE Standard for a specific period of time (up to 18 months for members and their family members).

They must enroll within 60 days of the date that their transitional benefit period expires and pay quarterly premiums (\$933 per individual, \$1966 per family).

For more information about CHCBP, individuals may call toll free: 1-800-444-5445, visit online at [www.humana-military.com](http://www.humana-military.com) or write to Humana Military Healthcare Services Inc., Attn: CHCBP, P.O. Box 740072, Louisville, KY 40201.

### When a Reserve Component Sponsor Retires

When reserve component members retire, they do not become eligible for TRICARE or space-available care in an MTF until they reach age 60 or are receiving retired pay.

At that time, they and their family members may enroll in TRICARE Prime or they may use TRICARE Extra or TRICARE Standard.

Retired reserve component members also become eligible for TRICARE For Life when they become eligible for Medicare at age 65 and enroll in Medicare Part B.

In addition, retired reserve component members, and their spouses and dependent children are eligible for the TRICARE Retiree Dental Program, regardless of the sponsor's age and whether the sponsor is receiving retired pay.

For more information about medical care, dental care and other benefits for reserve component members and their eligible family members, interested parties may visit the TRICARE Web site at [www.tricare.osd.mil/reserve/](http://www.tricare.osd.mil/reserve/). More information about the TRICARE Dental Programs is available on the TRICARE Dental Program Web site at [www.ucci.com/tdp/tdp.htm](http://www.ucci.com/tdp/tdp.htm) and the TRICARE Retiree Dental Program Web site at [www.ddpdelta.org](http://www.ddpdelta.org).

See also:  
[TRICARE Eligibility](#) Fact Sheet  
[TRICARE: The Basics](#) Fact Sheet  
[TRICARE Reserve Family Member Demonstration Project](#) Fact Sheet  
[The Defense Enrollment Eligibility Reporting System](#) Fact Sheet  
[TRICARE Pharmacy Program](#) Fact Sheet  
[The TRICARE Dental Program](#) Fact Sheet

## Handyperson Hotline established for families and volunteers

Not deployed? Want to help? call the Handyperson Hotline at (860) 209-0770.

Calling all soldiers and airmen, retirees or spouses. This is your opportunity to stop being a spectator and start doing something to help the Connecticut Army and Air National Guard during these unprecedented times.

Volunteer to donate some of your time and expertise to the CTNG Family Program's Handyperson Center. If you are a tradesman or an all around handyperson or a laborer, the Handyperson Center is looking for you!

E-mail your name, phone number skill, status (active, retired, spouse) and hometown to Sgt. Maj. Toby Cormier at [toby.cormier@ct.ngb.army.mil](mailto:toby.cormier@ct.ngb.army.mil) or call (860) 209-0770.

The Handyperson Hotline is designed to reduce the stressors on the families of deployed soldiers and airmen by having everyday household problems diagnosed and repaired or referred to competent businesses at no cost for labor.

The program is also designed to get seasonal chores such as window air conditioners installed/removed, pools opened/closed, leaves removed, items brought to the dump and so on.

All of this can be performed by fellow Guardsmen, retirees or spouses of Guardsmen who are willing to donate their time and expertise to this program.

Here's how the program works:

A deployed family member calls the Handyperson Hotline with a clogged drain.

The Hotline manager contacts a plumber from the Handyperson Database who will contact the family member and attempt to walk the person through correcting the problem (if possible.)

If not corrected, the Hotline will dispatch a qualified person (fellow Guardsman) to the house to correct the problem. Upon completion, the Hotline will record the problem and take action to correct it.

The program is not designed to get planned projects like installing a deck, finishing off a basement, painting or roofing the house.

It is designed to give the deployed family somewhere to turn to keep the home operating smoothly without having to pay to get things done around the house that were normally done by the deployed soldier or airman.

To volunteer or for more information, call (860) 209-0770 today.



A soldier from the 250th Engineer Company, Connecticut Army National Guard takes a break during bridge building exercises at Fort Eustis, Va. The Connecticut soldiers have been in Virginia for several weeks training for a potential overseas mission in support of Operation Iraqi Freedom. On this day, heavy rains had made for a muddy mess, but did not dampen the spirits of he and his fellow engineers (Some shown in the photo below) as they built bridges during their validation portion of training. (Photos courtesy of the 250th Engineer Company)



## IRS offers guidance to the military

CAPT. JEFFREY M. KNICKERBOCKER  
DEPUTY STAFF JUDGE ADVOCATE, 103 FW/JA

The IRS, probably one of the most hated of all federal agencies, has put together a publication for the military that just may turn around their image in the eyes of most military members.

The IRS has a 35-page publication entitled "Armed Forces Tax Guide," Publication 3. This publication is filled with information and is surprisingly easy to read. It can be downloaded at [www.irs.gov](http://www.irs.gov) and entering the word "military" in the search box.

The booklet contains many important facts. It is a must read for anyone in the military who has any questions about filing a tax return and accounting for military pay. For example, on page 5, it lists which pay is included in gross pay, and which pay is excluded.

Some may be surprised to find that special pay, such as hazardous duty pay, is included in gross pay. However, the dislocation allowance is excluded from gross pay.

Most people in the military have heard about the "Combat Zone Exclusion." This publication fully explains that exclusion. It explains that if you are in a combat zone for part of the month, your pay for that entire month is excluded.

The publication also explains that there is no need to claim the exclusion because generally your taxes are not withheld for the period in which you are in the combat zone.

This pay should already be excluded on your W-2 form. The pamphlet also explains how the IRS defines a combat zone.

Basically a combat zone is defined by executive order of the President. Combat zones include Kosovo, Afghanistan, the Persian Gulf, and portions of the former Yugoslavia.

Filing deadlines is a topic that frequently concerns deployed members and the family of deployed members. On pages 27 and 28, the pamphlet explains how to obtain an extension of the usual April 15 filing deadline.

If you are in the United States, you can obtain a four-month extension in one of two ways. The first way is to file Form 4868 on or before April 15. The second way is to pay for part or all of your estimated tax. The extension is automatic, and the IRS will not contact you to tell you that you have an extension.

However, the IRS will contact in the event that they deny your application for an extension. In any event, and extension of time to file is not an extension of time to pay your tax. You must estimate the amount due and pay that portion, otherwise you risk paying a penalty when you pay your taxes.

If you are outside of the United States, you can qualify for an automatic extension to June 15 if you meet one of two criteria. First, you can qualify for this benefit if you live outside the U.S. and your main duty

station is outside of the U.S. Second, you can qualify if you are in the military and assigned outside of the U.S. the entire due date of the return.

You will be charged interest on your return if you owe money. Also, you must attach to your return documentation that shows you meet one of the two criteria mentioned above. You can request an extension to August 15 if you file Form 4868 by June 16 and write "Taxpayer Abroad" across the top of the form.

The book also offers the tip that if you cannot make the entire payment, you may file Form 9465 to arrange for an installment payment plan.

The pamphlet concludes by giving information on how to obtain help. The pamphlet states that if you have attempted to deal with a problem, but have been unsuccessful, you can contact the "Taxpayer Advocate."

The Taxpayer Advocate telephone number is 1-877-777-4778.



## Scam alert notice from the National Guard Bureau

Please be advised that there have been two incidents of family members of deployed service members receiving a call from an organization identifying themselves as the International American Red Cross. They proceed to inform the family that their service member, who is deployed, is MIA (Missing In Action). They then provide the family a phone number to contact the Red Cross if they have any questions. The number NGB is aware of they are using, at least in one of the incidents is 910-602-4551 extension 424 or 404. Now in both of these incidents it has not occurred to National Guard servicemembers, but has occurred to the families of other branches of service family members.

Please note, if any of our servicemembers are in any type of

situation, the notification process would be handled by the respective service (Army Personnel office would handle the Army incidents and the Air Guard would handle their incidents).

Please ensure ALL deployed service member families are notified of this scam. It causes undue concern, worry and anxiety. Advise them that if they should receive a call of this nature, they should report it to their local authorities, and notify NGB immediately so they can work to alleviate any of the fears caused by these prank calls, as well as to monitor the frequency of them. Again, utilize those telephone trees to get this word to our families so they do not get such a call and become unnecessarily upset or alarmed about their soldier/airmen.

## Family Potluck

From Page S1

"I don't want to be on videotape [giving birth]," said wife, Josie. "It's our first, so it's kind of hard [for him] to miss that. It's such a huge moment."

After dinner was finished, the family members met in small groups determined by relation to the deployed member. Each person talked about their service member, offered helpful information, and exchanged phone numbers and email with others.

"Also comforting was being surrounded by people who are basically in the same situation and that helps you realize you're not so alone," Dawn said.



Family members gather around the buffet table during a potluck dinner held at the 103rd Fighter Wing. (Photo by Staff Sgt. Carolyn A. Aselton, 103rd FW Public Affairs)

## Attention Soldiers, Airmen and Families The Connecticut Guardian wants your photos!

If you have photos you wish to share with the rest of our Guard family, we would like to publish them in the Guardian. We are looking for photos of soldiers and airmen who are deployed either relaxing or working. We are looking for photos of family members at home or at play. We are looking for photos of families packing care packages to send to their loved ones.

We will print them in the Guardian as space allows so they can be seen and shared by Connecticut Soldiers, Airmen and families around the world.

Please e-mail your photos to [ctguardian@ct.ngb.army.mil](mailto:ctguardian@ct.ngb.army.mil)

## Family Assistance Center locations

Family Assistance Centers are set-up in the following armories around the state:

Bristol Armory, 61 Center Street, Bristol, CT 06010  
(860) 582-1206 Toll Free 866-347-2283 1st Lt. Lynda Hedenberg

Waterbury Armory, 64 Field Street, Waterbury, CT 06702  
(203) 574-2406 Toll Free 866-347-2291 Sgt. Jonathon Duffy

Manchester Armory, 330 Main Street, Manchester, CT 06040  
(860) 646-0780 Toll Free 866-347-2286 Sgt. 1st Class Dwight Frederick

Windsor Locks, AASF, Bradley International ARPT-BLDG 85-152, Route 75, Windsor Locks, CT 06096  
(860) 627-7942 Toll Free 866-347-2292 1st Lt. Heidi Young

Groton - AVCRAD, 71 Tower Avenue, Groton, CT 06340  
(860) 448-3346 Toll Free 866-347-3346 Sgt. 1st Class Kelly Ives

103rd FW, Bradley ANG Base, Bldg 8, East Granby, CT 06026  
(860) 292-2730 Mrs. Donna Rivera

Newington SASC, 555 Willard Avenue, Building 2W, Newington, CT 06111  
(860) 878-6723 (860) 878-6724 Toll Free 800-858-2677  
Mrs. Kim Hoffman, Spec. Jessica McKenna and Staff Sgt. Christopher McCarty

Family Assistance Centers that still need staffing:

Branford Armory, 87 Montowese Street, Branford, CT 06405 (203) 481-3874 Toll Free 866-347-3351  
Stratford Armory, 63 Armory Road, Stratford, CT 06614 (203) 375-8269 Toll Free 866-347-3356  
Middletown Armory, 200 Main Street, Middletown, CT 06457 (860) 344-9201 Toll Free 866-347-3355  
Norwich Armory, 38 Stott Avenue, Norwich, CT 06360 (860) 887-3911 Toll Free 866-347-3357

Volunteers will be needed in each facility, and those wishing to help out can contact Mrs. Kim Hoffman, Family Program Manager at  
1-800-858-2677.

Any family member or loved one of a deployed soldier who has questions about benefits or deployment issues may also get answers to their question at the following email addresses: kim.hoffman@ct.ngb.army.mil or julian.muller@ct.ngb.army.mil



First Sgt. Chaun Jones of the 143rd Military Police Company stands outside his tent in Southwest Asia with his weapon and protective mask at the ready. Many soldiers in the MPs are serving their second tour in this region of the world having served during Operations Desert Shield/Desert Storm. (Photo courtesy of Sgt. 1st Class Marc Pucinski, 143rd Military Police Company)



# Kids' Coloring Corner

A MONTHLY FEATURE OF FUN AND EDUCATIONAL ACTIVITIES TO HELP MILITARY CHILDREN LEARN ABOUT DEPLOYMENTS

### HOW HAVE YOU CHANGED?

Chances are, you've changed a little since your parent was deployed.

1 I have grown \_\_\_\_\_ since the start of deployment.  
\* \* \* \* \*

2 I'm in a new \_\_\_\_\_ at school.  
\* \* \* \* \*

3 I learned a new \_\_\_\_\_.  
\* \* \* \* \*

4 I have changed my \_\_\_\_\_.  
\* \* \* \* \*

5 I have a new best \_\_\_\_\_.  
\* \* \* \* \*

Write down some ways you have changed on the lines below:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**USE THE CODE to finish the sentences.**

* = A	☆ = K
* = C	* = L
* = D	* = N
* = E	* = R
* = F	* = S
* = H	* = T
* = I	* = Y

Circle any sentences that describe you.