



LUKE AIR FORCE BASE

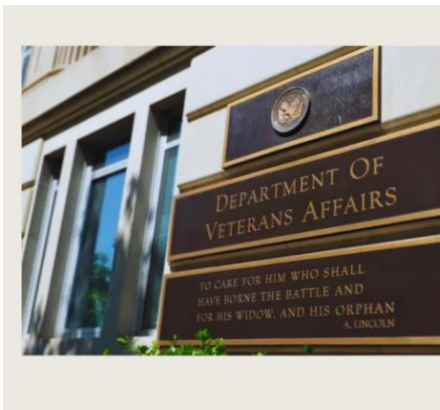
GLENDALE, ARIZONA

RETIREE ACTIVITIES OFFICE NEWSLETTER

VOLUME 7 | ISSUE 4 | NOV- DEC 2024



VA EXPANDS LIST OF PRESUMPTIVE CONDITIONS: PACT ACT UPDATE



Cancers Related to Burn Pit Exposure. In June 2024, the VA expanded the list of presumptive cancers for eligible Gulf War and post-9/11 Veterans. A presumptive condition means VA assumes (or "presumes") that your service caused your condition.

- (added) Male breast cancer
- (added) Urethral cancer
- (added) Cancer of paraurethral glands
- Brain, head, neck, & nervous system cancers
- Gastrointestinal cancers
- Kidney cancers
- Lymphomas
- Melanoma
- Pancreatic cancers
- Reproductive cancers
- Respiratory cancers

For more info: <https://news.va.gov/press-room/va-extends-presumptions-of-service-connection-for-three-new-cancer-types/>

You may qualify for the new VA presumptive conditions if you served:

- On or after Sept 11, 2001, in Afghanistan, Djibouti, Egypt, Jordan, Lebanon, Syria, Yemen, Uzbekistan, the Philippines, or the airspace above these locations, OR
- On or after Aug 2, 1990, in Bahrain, Iraq, Kuwait, Oman, Qatar, Saudi Arabia, Somalia, the United Arab Emirates, or the airspace above these locations.

Agent Orange Presumptive Conditions. If you've been diagnosed with one of these conditions, you don't need to prove that it started during—or got worse because of—your military service. Caused by Agent Orange:

- High Blood pressure (hypertension)
- Monoclonal gammopathy (MGUS)
- Bladder cancer
- Chronic B-cell leukemia
- Hodgkin's disease
- Multiple myeloma
- Non-Hodgkin's lymphoma
- Prostate cancer
- Respiratory cancers (lung cancer)
- Some soft tissue sarcomas

Between Jan 9, 1962, and May 7, 1975, you must have served for any length of time in at least one of these locations:

- In the Republic of Vietnam, or
- Aboard a U.S. military vessel that operated in the inland waterways of Vietnam, or
- On a vessel operating not more than 12 nautical miles seaward from the demarcation line of the waters of Vietnam and Cambodia

For more info:

<https://www.va.gov/disability/eligibility/hazardous-materials-exposure/agent-orange/>



RETIREE ACTIVITIES OFFICE (RAO) AT LUKE AFB: We, the volunteer staff of Luke AFB RAO, connect retirees of all military and uniformed services, and their surviving spouses / family members / next of kin, with information and assistance on matters pertaining to their benefits and entitlements. Our goal is to provide guidance and referral assistance on military and uniformed service retiree matters.



ACCESS TO LUKE AFB—ALL GUESTS REQUIRE VISITOR PASS TO GET ON BASE

Beginning Oct. 1, 2024: "Trusted Traveler" is no longer implemented at Luke AFB. All visitors (age 16 or older) are required to be screened, vetted, and issued appropriate DBIDS/visitor's passes by security forces prior to gaining access to the installation.

Persons requesting access must provide:

- name & phone # of their sponsor;
- purpose for access;
- a document that establishes identity, such as State Driver's License, Passport, Resident Card, etc.

To obtain a visitor's pass, the sponsor will meet their guest(s) at the Lightning Gate Visitor's Reception Center (VRC), operational Mon–Fri 0800–1600 hours. During non-duty hours, passes will only be issued at the South Gate Installation Entry Control Point. More info at:

<https://www.luke.af.mil/Home/LUKE-AIR-FORCE-BASE-ACCESS-PROCEDURES/>

RAO DIRECTOR'S CORNER—WD MOORE

On Oct 19, Luke AFB held the annual Retiree Appreciation Day (RAD). Another successful team effort!

My hearty THANKS to all who volunteered.

RAO assisted 300+ retirees.

Dozens of veteran service organizations provided information on benefits, healthcare, legal and more. Thanks to 56th Med Group who administered flu shots & 56th Support who issued ID cards. Shout Out to CAPT Seeley, commander of Navy Reserve Center-Phoenix, who opened the facility for the RAD, and to the Navy RAO staff who volunteered to assist. Thanks to 56th Fighter Wing who gave retirees the opportunity to see F-16 and F-35A aircraft up close.

Thanks to Luke AFB Commander Brig. Gen. David Berkland, Glendale Mayor Jerry Weiers, and Congresswoman Debbie Lesko (R-8th Dist AZ) who spoke of their gratitude and appreciation for military veterans.



Luke AFB – RAO Director WD Moore accepts a Certificate of Appreciation dedicated to ALL Luke AFB RAO volunteers from Glendale Mayor Jerry Weiers at the 2024 Retiree Appreciation Day.

ONLINE ID CARD RENEWAL

Retirees and military family members can **NOW RENEW their ID card online** and receive the NEW cards in the mail. DoD has expanded the pilot program that started one year ago. For information, including restrictions, go to <https://www.cac.mil/Next-Generation-Uniformed-Services-ID-Card/Renewing-Online/>

TRICARE OPEN SEASON Nov 11–Dec 10, 2024

TRICARE Open Season lets you change your healthcare plan for next year. Changes you make during this time start on Jan. 1, 2025. Starting Jan. 1, 2025, new T-5 regional contracts will take effect in the U.S.

TRICARE Open Season applies to you if you have or qualify for TRICARE Prime, US Family Health Plan, or TRICARE Select. For more information:

https://www.tricare.mil/FAQs/General/GEN_OpenSeason_WhatWhen

VOLUNTEER SPOTLIGHT: EVERT ADAMS, USAF FORWARD AIR CONTROLLER

From Oct 24-27, more than 180 veterans and spouses attended the final reunion of the Forward Air Controllers Association to be held at Ft. Walton Beach, FL.

Forward Air Controller Evert Adams, RAO volunteer since 2011 and US Air Force veteran, was there.



In 1959, Adams enlisted in the USAF. High scores on the aptitude test placed him in the Weapons System Control career field for F-101 B/F interceptor aircraft. He was accepted in the Airman's Education Commissioning Program (AECPP) for Mechanical Engineering and earned his degree at Arizona State University. By 1965, he was in Officer Training School and was also offered a Masters in Mechanical Engineering, which he pursued after serving a year in Vietnam.

The Forward Air Controllers Association membership includes servicemembers of organizations that were part of the 504th Group headquartered at Binh Hoa Air Base during the Vietnam war.



Skymaster (O-2A) assigned to 22nd Tactical Air Support Squadron (TASS) at Binh Thuy, Vietnam
(photo by E Adams)

Adams served in Vietnam as a 1st Lieutenant Aircraft Maintenance officer from September 1967 to September 1968. He supervised maintenance for both the Birdog (O-1) and Skymaster (O-2) aircraft. Crew chiefs, technicians, and munitions personnel worked for

him at the Theater Indoctrination School, which was part of the 22nd TASS, an active FAC base in Binh Thuy, and later at Phan Rang AFB where the school moved after the TET offensive in Jan 1968. During his career, Adams served at Tinker AFB, Elmendorf AFB, and McCord AFB. He retired in 1980 at the rank of major.

After the Air Force, Adams worked as an engineer at Westinghouse, then GE, culminating with his job as Aircraft Maintenance Instructor at Boeing on 747-400 systems. "I had the pleasure of teaching specific systems on Air Force One," he said.

We're thrilled about Evert's dedication to volunteering at Luke AFB RAO.

For more information about the FACA:

<https://www.fac-assoc.org/>

ARIZONA STATE VETERAN HOME- FLAGSTAFF RESIDENT APPLICATIONS OPEN

Applications Now Open for the new Arizona State Veteran Home in Flagstaff.

Eligible Veterans and dependents are encouraged to fill out a resident application. Arizona State Veteran Homes are Medicare-certified, skilled nursing care facilities that serve the long-term care and rehabilitative needs of our residents. With an energetic and compassionate staff, residents can enjoy a vibrant, social and independent lifestyle.



Contact: Arizona Dept of Veterans' Services
Phone: (602) 255-3373

<https://dvs.az.gov/services/veteran-homes-mission/asvh-flagstaff>

HEALTHY LIVING: ACTING OUT

by Ida McDonald, Col. (ret.) USAF & volunteer
Luke AFB RAO

Feeling a bit moody these days? Retirement certainly has its perks, but sometimes, especially when we are not involved in many activities, our psyche can use a little boost. Here's a few tips to keep that sunny outlook.

Grumpy? Now that we are heading into the winter months, we may find ourselves getting a bit melancholy and some of us may even get downright grumpy! In general, older adults may become grumpy due to a variety of factors, including health issues, hormonal changes, physical ailments, social isolation, financial hardship, and the loss of loved ones. These factors can lead to feelings of anger, frustration, depression, and loneliness.

An important first step when exploring any unexplained change in behaviors is to look at possible physical and underlying illnesses.

It is crucial to recognize when grumpiness and mood changes may be more than just everyday irritability, but rather stem from depression.

Depressed? Common symptoms of depression can include persistent feelings of sadness, hopelessness, guilt and worthlessness. They can also include a pessimistic outlook, frequent crying, insomnia, and appetite changes, to name a few. If you feel yourself experiencing any of these symptoms or other changes such as loss of appetite and unintended weight loss, please seek assistance from your healthcare provider. With the approach of fall and winter months, these feelings may become even more overwhelming.

Winter Blues or SAD? It is not uncommon to experience fatigue, sadness, difficulty, concentrating, and a disruption in your sleep schedule during the winter season. For some, this mood change is temporary and easily managed with lifestyle modifications. But for others, the Winter Blues can turn into a more severe type of depression, called *seasonal affective disorder*, or SAD. This is a bit different than Winter Blues. With Winter Blues there is some sadness during the fall and winter months, some trouble sleeping, and

lack of motivation. With SAD, the symptoms are intensified. There is severe sadness during the fall and winter months, frequent sleep and eating issues, and depression that limits normal functioning and motivation.



Boost Your Mood. According to *Healthline*, some activities to assist in boosting your mood can include laughter, such as finding some positive or comedy websites, aromatherapy, random acts of kindness, calling a loved one, or seeking out a therapist.

While an increase in grumpiness and irritability can be part of the aging process, there are many things we can do to minimize unnecessarily becoming in such a state. Address underlying medical issues, seek out social and emotional support from those such as friends and families, ease financial burdens, such as seeking out assistance from senior service organizations or applying for applicable programs, take advantage of senior discounts, and find ways to supplement income. Also, try to maintain and seek out an environment of positivity and take frequent walks in the sunlight, if possible.

Take Charge. Taking charge of your own mental health is a key factor. You know yourself more than anyone, so if you are starting to feel down in the dumps, look for volunteer opportunities in your community. Sometimes the best therapy for ourselves is helping others in need.

May your basket of blessings remain heavy and your heart remain light.

DO YOU HAVE AN ID CARD? LUKE AFB ID CARD OPERATIONS

New ID cards look like this and are for military family members, retirees, and other eligible cardholders.



The Luke AFB ID Card/DEERS Office is in the Block House at 7383 N. Litchfield Rd, south of the Lightning Gate.

Normal hours: Mon, Tues, Thurs, & Fri: 8 AM–3 PM; Wed: 8 AM–11 AM (by appointment only). Closed on weekends, Federal holidays, and Family Days. CALL (623) 856-7875 to confirm office is open or email 56fss.fsmps@us.af.mil

You can schedule an appointment online by visiting: <https://idco.dmdc.osd.mil/idco> Click on the "CONTINUE" button under the ID Card Office Locator & Appointments." In the East Valley, get your ID Cards issued/renewed at the Arizona National Guard HQs at Papago Park or the 161st Air Refueling Wing, AZ Air National Guard at Sky Harbor Airport. The Customer Support Section, Military Personnel Flight (MPF), 56th Force Support Squadron (FSS) operates the Luke AFB ID Card/DEERS Office.

Nov 10, 2024–USMC 249TH BIRTHDAY



MARINES

The United States Marine Corps Birthday is celebrated every year on 10 November with a traditional ball and cake-cutting ceremony. On that day in 1775, the Continental Marines were established. The first ball was held in 1925.

USMC Birthday events in Arizona:

- Nov 7, 2024, City of Litchfield Park USMC Birthday and Flag Raising, Litchfield Park, AZ
- Nov 9, 2024, Navajo Nation Marine Corps Ball, Twin Arrows Navajo Casino, Flagstaff, AZ

- Nov 9, 2024, East Valley Marines Marine Corps League, Sun Lakes, AZ
- Nov 10, 2024, Copper State Det, Marine Corps League, Prescott Resort, AZ
- Nov 10, 2024, Marine Corps Birthday hosted by Cider Corps & Jason Duren, Mesa, AZ
- Nov 15, 2024, Marine Corps Family Birthday Ball, Yuma, AZ

NOV 11, 2024–VETERAN'S DAY PARADE PHOENIX

11 AM to 1 PM

Celebrity Grand Marshal, Luis Gonzalez

Join 45,000+ spectators at the Phoenix Veterans Day Parade hosted by Honoring America's Veterans

At 11 AM, parade heads south on Central Avenue from Montebello Drive to Camelback Road, turning east on Camelback Road to 7th Street, then turning south on 7th Street. It ends at Indian School Road.

Seven war veterans will also be recognized as Grand Marshalls: James Wolfenden (USMC, OIF), David Hunt (US Army, Vietnam War), Bill Merdick (US Navy, Korean War), Rosa Regalado (US Navy), Nancy Fassbender (Army Natl Guard, Cold War), Thomas Kendra (US Army, Desert Storm), and William Keim (US Merchant Marines, WW II). For more info:

<https://honoringamericasveterans.org/phoenix-veterans-day-parade/>

Nov 12, 2024–TRICARE FOR LIFE BRIEF

For TRICARE beneficiaries who are eligible for Medicare Part A and B.



9 AM and 1 PM

Luke AFB Theater Bldg 1515.

Reservations NOT Required. More information, call Ms. Toya Loring 623) 856-4217.

Nov 15, 16, 2024-ASU SALUTE TO SERVICE: FROM TIDWORTH WITH LOVE

Nov 15, at 7 PM, Nov 16, at 6 PM, 2024

\$15 general admission

Aravaipa Auditorium Polytechnic Campus
7211 E. Sonoran Arroyo Mall, Mesa, AZ

The College of Integrative Sciences and Arts, Office for Veteran and Military Academic Engagement at Arizona State University is proud to present a heartfelt and poignant World War II play based on the true story of Bill Barker, a soldier in basic training, and Mary Giambrone, a nursing student. For tickets:

<https://asuevents.asu.edu/event/salute-service-tidworth-love?id=1/?eventDate=2024-11-16>

Nov 16, 2024-VETS GIVING 2024



10 AM to 2 PM

Phoenix VA main campus

650 E. Indian School Rd.
Phoenix, AZ

Food, music, \$25 gift cards from Fry's & Walmart, 30 bicycles with helmets & locks for HUD/VASH veterans, [Dress for Success](#), cosmetics for women veterans, Home of the Brave. Please bring ID with Veteran

status, retired military ID or DD214. Check Facebook for updates:
<https://www.facebook.com/PhxVAHealthcare>

Nov 20, 2024-RAO MEETING

Join us & find out more about volunteering.
Next meeting: **Weds, Nov 20, 2024, 11 AM,**
Club Five Six on Luke AFB.

DEC 14, 2024-WREATHS ACROSS AMERICA REMEMBRANCE DAY

National Memorial Cemetery of Arizona
23029 N Cave Creek Rd, Phoenix, AZ 85024

Sat, Dec, 14, 2024, 9 AM

(Wreath Placement Following Ceremony)

Veteran Graves: 69,516

Coverage Goal: 69,516

Wreaths Sponsored So Far: 2,428 (as of 10-24-24)

REMEMBER the Fallen...

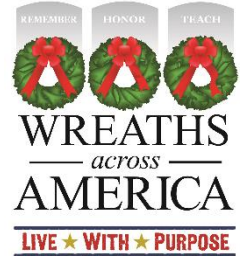
HONOR those who Serve...

TEACH our children the
value of Freedom.

Wreaths Across America will
be at National Memorial
Cemetery of Arizona to
Remember and Honor our

veterans through the laying of Remembrance wreaths on the graves of our country's fallen heroes and the act of saying the name of each and every veteran aloud. Thank you so much for supporting National Memorial Cemetery of Arizona and Wreaths Across America!

<https://www.wreathscrossamerica.org/pages/14729/Overview/?relatedId=164009>



OUTDOOR RECREATION (BLDG 247)

7383 N 140th St.

Hours: Mon-Fri 9 AM – 5 PM

Sat 8 AM – noon, Sun Closed

(623) 856-6267 / 56fss.com/outdoor-recreation/

Outdoor Recreation offers adventures, day trips & vacations, equipment for rent, and aquatic programs to keep you on the move and loving life. To sign up for a trip, CALL, EMAIL, or STOP BY!

Nov 2, 2024	WIW (women in wilderness) Cathedral Rock Hike
Nov 6, 2024	Cornhole Tournament
Nov 8-9, 2024	Base Campout
Nov 16, 2024	Hang Gliding
Nov 23, 2024	Glass Blowing
Dec 7, 2024	Verde Canyon RR
Dec 7, 2024	Pet & Family Photos w/Santa
Dec 11, 2024	Cornhole Tournament
Dec 13, 2024	Holiday Movie in the Park
Dec 14, 2024	Schnepf's Farm

Registration Begins Nov 1, 2024

Jan 11-12, 2025: Cross Country Skiing and Snowshoeing (with Fort Tuthill)

Registration Begins Dec 1, 2024

Jan 18, 2025: Grand Canyon Day Trip

Jan 25, 2025: Art in the park

Jan 31, 2025: Mini Golf & Movie Night in the Park (Collab with Arts & Crafts)

LUKE AFB LIBRARY (BLDG 219)

LIBRARY HOURS

Mon: 9:30 AM – 7:30 PM

Tues – Fri: 9:30 AM – 5:30 PM / Sat: 10 AM – 4 PM

Retired military and their family members with a valid ID, may receive a library card, and gain FREE access to books, DVDs, audio books, & down-loadable e-books.

For information: call (623) 856-7191 or online at: daf.dodmwrlibraries.org/luke

STAFF PICKS BOOK CLUB

Age: Adults | Cost: FREE | Time: 10 AM

Nov 21, 2024	Book: <i>Heart Bones</i> by: Colleen Hoover Host: Jen
Dec 19, 2024	Book: <i>Love, Holly</i> by: Emily Stone Host: Leanne

FAMILY EVENING EVENTS

Age: Adults | Cost: FREE

Nov 18, 2024	5:30 – 7 PM Once Upon a Time
Dec 16, 2024	5 – 7 PM Santa's Book Shop

CHESS CLUB: EVERY MONDAY 5 - 7PM

FALCON DUNES GOLF COURSE



Falcon Dunes: (623) 535-9334

56fss.com/falcon-dunes-golf/

Falcon Dunes Golf Course offers more than just a great place to play a round of golf. Stop by and try their grill for a great lunch and quench your thirst at their bar after a round of 18 holes.

GOLF TOURNAMENTS

TURKEY SHOOT-OUT GOLF TOURNAMENT

Sun, November 24, 2024

Time: 8:00 AM shotgun start / 12:30 PM awards lunch

Price: \$67 for Club Members, \$72 For Military and D.O.D, \$77 for Guest

Description: 4-Player Team Scramble Format. Awards Luncheon and prizes included.

Entry Deadline: November 20, 2024

HOLIDAY JINGLER GOLF TOURNAMENT

SUN, DECEMBER 22, 2024

Time: 8:00 AM shotgun start / 12:30 PM awards lunch

Price: \$66 for Club Members, \$71 For Non-members and D.O.D, \$76 for Guest

Description: 4-Player Team Scramble Format. Awards Luncheon and prizes included.

Entry Deadline: December 19, 2024

HOLIDAY MERCH SALE

Sun, DEC 1 – Tues, Dec 24, 2024

Draw for 10% to 50% off your selection (Not valid for golf clubs)

GOLF COURSE CLOSED

Thanksgiving Thurs, Nov 28, 2024

Christmas Weds, Dec 25, 2024

BASE SERVICE NUMBERS

My Base Guide

<https://mybaseguide.com/base/luke-afb>

Military & Family Readiness	(623) 856-6550
Auto Hobby Shop	(623) 856-6107
Base Exchange	(623) 935-2671
Base Finance	(623) 856-7028
Casualty Assistance	(623) 856-6550
Chaplain	(623) 856-6211
Club Five Six	(623) 856-6446
Commissary	(623) 856-3821
DEERS	(623) 856-7832
DFAS	(800) 321-1080
Falcon Dunes Golf Course	(623) 535-9334
Fighter Country Inn	(623) 856-3941
Firestone Car Care Center	(623) 271-8104
Fitness Center	(623) 856-6241
ID Cards	(623) 856-7875
Legal Assistance	(623) 856-6901
Library	(623) 856-7191
Medical Clinic-Central Appts	(623) 856-2273
National Archives (Records)	(866) 272-7272
Pharmacy (Activation)	(623) 856-3969
Retiree Activities Office (RAO)	(623) 856-3923
Security Forces	(623) 856-6322
Tickets & Travel	(623) 856-6000
Tricare	(622) 385-6307
Tricare West (HealthNet Federal Service)	(844) 866-9378
Veterinary Clinic	(623) 856-6354
Wood Hobby Shop	(623) 856-6566

1ST LT. FRANK LUKE JR. MUSEUM

The Lt. Frank Luke Jr. Memorial Museum & Research Center exists to educate, enrich, and further appreciation of America's war history from WW I to the present. Located in Goodyear, AZ, the interim site of the Memorial Museum.

For opportunities contact Lt Col Bill Simon, US Army (ret), 602-677-6175. Information at: <https://1ltlukemuseum.org/>



RAO HAIL & FAREWELL

RAO welcomes **Henry Gavin**, master sergeant USAF (ret), who started as a volunteer at RAO in October, 2024.

WE WANT TO HEAR FROM YOU

Many THANKS to our RAO volunteers whose contributions greatly improve this newsletter!

We welcome your suggestions for content.

Contact editor at 56FW.RAO@us.af.mil with "Newsletter" in the subject line. The RAO Newsletter is published quarterly by the Luke AFB RAO. All information was accurate at date of publication and subject to change without notice.

**To receive this newsletter electronically,
please send your email address to
56FW.RAO@us.af.mil.**

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Facebook: Luke AFB Retiree Activities Office-RAO

<https://www.facebook.com/RAO56FW/>