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DEPARTMENT OF THE ARMY
HEADQUARTERS, XVIII AIRBORNE CORPS AND FORT BRAGG
FORT BRAGG, NORTH CAROLINA 28310



NORTH CAROLINA RETIRED ARMY PERSONNEL BULLETIN

2022 ANNUAL EDITION

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FORT BRAGG RETIREE APPRECIATION DAYS FRIDAY, 21 October 2022 - SATURDAY, 22 October 2022



Retiree Appreciation Days (RAD) 2022 will begin on Friday, 21 October 2022 with a Retiree Golf Tournament at Ryder Golf Course. Womack Army Medical Center (WAMC) is the central location on Saturday, 22 October 2022. RAD events on Saturday will begin early with breakfast (a la carte prices apply) and a welcome from the Garrison Commander and WAMC Commander (**see agenda on page 2**). ID card issuance, legal services will be at the Soldier Support Center on this day as well.

The Fort Bragg Directorate of Family, Morale, Welfare, and Recreation (MWR) and other Fort Bragg organizations will also take part in this very special event. With your support, we have experienced great success in previous years, and solicit both your support and attendance to help us make RAD-2022 even better. For more information on RAD activities, please call your Retirement Services Office at **(910) 396-5304 or toll free at 1-800-535-6067**.

The XVIII ABN Corps Deputy Commanding General, MG Brian J. Mennes has an open invitation to our Retired Soldiers and Family members to join him and other active duty members to a Right Arm event that will be held in conjunction with RAD activities. The date, time, and location has yet to be determined so please contact the Retirement Services Office at above listed phone number to RSVP and receive detail information about the Right Arm event.

Office of the Garrison Commander


Dear Retired Soldier and Family:

You are cordially invited to attend our Retiree Appreciation Days at Fort Bragg scheduled for 21 & 22 October 2022. Unfortunately, last year we had to take proper precautions to prevent the spread of COVID-19 to our Retired Soldiers and their Families by canceling the 2020 and 2021 Retiree Appreciation Days. This year we are proud to host Retiree Appreciation Days for all Retired Soldiers and their Families. Please come and take part of the entire program, or the parts that meet your needs. This year our program will be better than ever and you do not want to miss it!

You and your Families will always be recognized as pillars that support and strengthen our relationship with the North Carolina community. Through this relationship, we share a unique understanding and spirit of cooperation. Retiree Appreciation Days are intended to ensure this relationship continues to grow even stronger.

On behalf of the 60,000 Soldiers and Airmen of Fort Bragg and Pope Field, I extend a heartfelt invitation to each of you. We hope you will join us for what is sure to be a fun, informative, and productive event. Thank you for your continued support to today's Soldiers, their Families, and your unwavering service to your country and community.

Sincerely,


John Wilcox
Colonel, U.S. Army
Garrison Commander

AGENDA FOR RETIREE APPRECIATION DAYS 2022

FRIDAY, 21 October 2022		
<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
7:00 a.m. - 3:00 p.m.	Retiree Golf Tournament Mr. Robert Taylor Golf Pro	Ryder Golf Course
SATURDAY, 22 October 2022		
<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
6:00 a.m. – 8:00 a.m.	Breakfast (a la carte prices)	WAMC Dining Facility
9:00 a.m. and 11:00 a.m.	Welcome & TRICARE brief COL David Zinnante/COL John Wilcox Commander, Womack Army Medical Center/ Garrison Commander, Fort Bragg, NC	WAMC Weaver Auditorium
7:30 a.m. – 1:00 p.m.	Medical Services/Dental Services (Oral Cancer Screening) Please see below for a list of services offered	WAMC
11:00 a.m. to 1:30 p.m.	Lunch in the dining facility (a la carte prices) NOTE: Representatives from various Military Associations will be available at WAMC throughout the day	WAMC
7:30 a.m. - 1:00 p.m.	Veteran Services Cumberland County Veteran Services Office Fayetteville & Greenville Vet Centers	WAMC
9:00 a.m. - 2:00 p.m. (sign-in cutoff time for ser- vices is 1:00 p.m.)	Staff Judge Advocate Wills/Living Wills Advanced Medical Directives Powers of Attorney	Soldier Support Center
9:00 a.m. - 2:00 p.m.	Directorate of Human Resources ID Card Services/Retiree Services	Soldier Support Center
9:00 a.m. - 11:00 a.m.	USO (United Service Organizations)	Soldier Support Center
2:00 p.m.—UTC	Bowling Tournament	Dragon Lanes

ALL WOMACK ARMY MEDICAL CENTER SERVICES WILL REQUIRE A MASK/FACE COVERING

Womack Army Medical Center looks forward to providing services to retirees during RAD 2022. We are working hard not only to provide the services that you have become accustomed to, but also to add and enhance those services as well. The retirees of the State of North Carolina deserve nothing but the best and we are striving to ensure that this standard is met. We look forward to seeing and servicing you at our facility! The event will be held on Saturday, 22 October 2022 from 7:30 a.m. until 1:00 p.m. at Womack Army Medical Center, 2817 Reilly Road, Fort Bragg, NC 28310.

Medical Services Provided: Army Wellness Center, Behavioral Health, Blood Donor Center, Blood Pressure Screening, Testing, Breast Health/Mammograms, Chaplain/Pastoral Care, Colon Cancer Screening/Information, Environmental Health, Fayetteville, VA Medical Center, Flu shots and other vaccines, Nutrition Information, Ombudsman, Oral Cancer Screenings (Dental), Patient Administration Division, Physical Therapy Information, Podiatry, Pulmonary Disease Information, Red Cross Information, Third Party Insurance, Tobacco Cessation, Traumatic Brain Injury Education, Tricare and Benefits Counselors, Veteran Services, Vision/Hearing Screening, Yoga. **Some services may not be available***

**Pharmacy Counseling (Please bring a list of your medications, supplements and vaccination record. Please wear appropriate clothing for vaccinations). For more information on the medical services offered, please call 910-907-7247.

Services not provided this year due to updated health guidelines

-Prostate screenings

-Breast exams

-Cholesterol screenings



LEGAL SERVICES



Attorneys for the Fort Bragg community will offer free estate planning documents for retirees and their spouses with valid ID cards as part of Retiree Appreciation Day on **Saturday, 22 October 2022, from 9:00 a.m. to 1:00 p.m.**

Wills, living wills, and powers of attorney (POA) will be provided on a first-come-first-served basis, to all eligible military retirees and their spouses at the XVIII Airborne Corps Legal Assistance Office, Soldier Support Center, 1st Floor, Wing D. **Services will be limited once maximum capacity is reached.** All of these documents will be prepared and signed on-site the same day. For those who may be unfamiliar with some of the above terms:

- Will: Controls the distribution of your assets and estate after you die; allows you to choose who will take care of your affairs after death; and, allows you to appoint a guardian and/or trustee for minor descendants and their inheritances.
- Springing Financial POA: Appoints an agent to make financial decisions in the event you are temporarily or permanently incapacitated.
- General POA: Grants a very broad range of powers to the individual you choose to act in your name while you are alive.*
- Living Will/Advance Healthcare Directive: Specifies what actions should be taken for one's health should that individual be unable to do so because of illness or incapacity.
- Health Care Power of Attorney (HCPOA): Appoints another person whom you trust to make your health care decisions in the event you are temporarily or permanently incapacitated

*In some cases, general POAs are unnecessary, and executing such a POA may do more harm than good. Be sure to talk with an on-site attorney about what you are trying to accomplish with such a POA.

There are some limitations to the types of wills that will be drafted. Persons with certain special needs children/adult guardianships, trust questions, life estates, or family farms may have needs that require specialized assistance or the expertise of a civilian attorney.

Everyone seeking services at the legal station will be required to complete a will worksheet which may be obtained on our website at https://home.army.mil/bragg/index.php/download_file/view/5365/507 or by stopping by our office. Please be sure to have the following information: the person(s) you wish to serve as your personal representative to handle your affairs; the person(s) to serve as guardian for your minor children or grandchildren; and, the person(s) to serve as trustee to safeguard money for your minor children or grandchildren. You will also need the name, address, and phone number of the person(s) you wish to serve as agent and alternate agent in any power of attorney. If you already have a will, please bring it with you for your will preparation, so we can destroy the old will on your behalf.

Please remember to bring your valid DOD ID card! You will not be served without a valid DOD ID card!

It is anticipated that the 2022 Retiree Appreciation Day legal services will be a well-attended event. In a difficult economy, this is a service that can provide necessary, and typically expensive, legal documents free of charge. **Due to processing times, the Office will be required to strictly adhere to the cut off time of 1:00 p.m.** Please arrive early to ensure you obtain the services you are requesting.

This is a first-come-first-serve, service. It is strongly encouraged that all retirees and family who attend be prepared to wait. Anyone with nutritional or medication needs should bring provisions in the event they are waiting for services at a time they would normally eat a snack, meal, or take medication.

The Fort Bragg legal offices look forward to serving retirees in our community and extending our gratitude for your years of service and sacrifice. If you have any questions about the legal services that will be provided in connection with Retiree Appreciation Day, you may contact the XVIII Airborne Corps legal assistance office at (910) 396-6113.

XVIII Airborne Corps & Ft. Bragg
Legal Assistance Office

RETIRED & SOLDIERS IN ARMS GOLF TOURNAMENT

The Fort Bragg Retiree Appreciation Days Golf Tournament will be conducted at **Ryder Golf Course**, Friday, 21 October 2022, from 7:00 a.m. to 3:00 p.m. Registration is from 7:00 a.m. to 8:00 a.m. Opening ceremony is at 8:00 a.m., and shotgun start is at 9:00 a.m. The entry fee is \$50.00 per person. Greens Fee, cart, range balls, prizes, and food (hamburgers, hot dogs, baked beans, coleslaw, fountain sodas are included). Registration cutoff is 14 October 2022.

The format for the tournament is "Captain's Choice". Four person teams will be randomly formed based on handicap and current USGA Index. Team registration is allowed. The remaining teams will be formed by Ryder Golf Professionals based on the individual handicap status stated on the reservation form and will also compete for team prizes regardless of status as a Retired Soldier or guest.

Please provide the information requested on the reservation form (**page 5**) and send your check or money order to the address listed on the reservation form. Cash is accepted only if delivered directly to the Retirement Services Office (**DO NOT MAIL CASH WITH THE RESERVATION FORM**). Payment by credit card is **NOT** authorized. All reservations must be processed through the Retirement Services Office. Reservations must be received NLT 14 October 2022. You will receive a telephone call from the Retirement Services Office acknowledging receipt of your reservation form. Tournament information may be obtained by dialing (910) 396-3980.



RETIREE BOWLING TOURNAMENT



The Fort Bragg Retiree Appreciation Days Bowling Tournament will be conducted at Dragon Lanes Bowling Facility, Saturday, 22 October 2022 from 2:00 p.m. until tournament completion. Sign-in time for the tournament will be from 2:00 p.m. to 2:30 p.m.

This will be a 9 pin NO-TAP—SCRATCH bowling tournament.
No-Tap simply means that the first ball thrown will count as a strike if 9 pins fall.
Tournament is open to all Male and Female Adult (18 and over) bowlers.

Cost of the tournament will be \$15.00 per person, which includes 3 games and shoe rental. Prizes will be awarded as follows:

61 and under Female - 1st, 2nd, 3rd Place
61 and under Male - 1st, 2nd, 3rd Place
62 and older Female - 1st, 2nd, 3rd Place
62 and older Male - 1st, 2nd, 3rd Place

The first 96 persons registered will be accepted to participate in the tournament. All reservations must be processed through the Retirement Services Office. Reservations must be received NLT 14 October 2022. You will receive a telephone call from the Retirement Services Office to acknowledge receipt of your reservation form. Please provide the information requested on the reservation form (**page 6**) and send your check/money order to the address listed on the reservation form. Cash is accepted only if delivered directly to the Retirement Services Office (**DO NOT MAIL CASH WITH THE RESERVATION FORM**). Payment by credit card is **NOT** authorized.

The Dragon Lanes Strike Zone Snack Bar will be open during the tournament if you would like to purchase food, snacks or drink items. Tournament information may be obtained by dialing 910-907-2695.

GOLF RESERVATION FORM

RESERVATIONS ARE REQUIRED to participate in the Retiree Golf Tournament on Friday, 21 October 2022. Entry fee is \$50.00 per person. Greens fee, cart, range balls, prizes to include first, second, third and fourth place teams, closest to the pin prizes for all four par three holes and longest drive on two holes. Food included is Hamburger/Hotdog meal with Baked Beans and Coleslaw along with Keg of Beer and Fountain Soda beverages. The first 120 applicants will be accepted. Sign-in time is from 7:00 a.m. to 8:00 a.m., Tee Time is 9:00 a.m.

Sign me up for the RAD Golf Tournament at Ryder Golf Course, Friday, 21 October 2022

☐ Enclosed is my Check/Money Order **payable to Ryder Golf Course.**

☐ Payment with Cash at the Retirement Services Office

Rank, Name (Last, First, MI) (Please Print) _____ (Signature) _____ \$ _____
(Total)

Phone Number (Include Area Code) _____

Address, City, State, Zip Code (Please Print) _____

Team registration is allowed. The remaining teams will be formed by Ryder Golf Professionals based on the individual handicap status stated on the reservation form and will also compete for team prizes regardless of status as a military retiree or guest.

My Handicap is: _____; I normally shoot a score of _____ after 18 holes.

Guest: _____ Handicap is: _____; I normally shoot a score of _____ after 18 holes.

Guest: _____ Handicap is: _____; I normally shoot a score of _____ after 18 holes.

Guest: _____ Handicap is: _____; I normally shoot a score of _____ after 18 holes.

Guest: _____ Handicap is: _____; I normally shoot a score of _____ after 18 holes.

Guest: _____ Handicap is: _____; I normally shoot a score of _____ after 18 holes.

**PLEASE MAIL OR BRING RESERVATION FORM AND PAYMENT TO THE RETIREMENT SERVICES OFFICE
NO LATER THAN 14 October 2022**

**MAIL TO: INSTALLATION RETIREMENT SERVICES OFFICE, ATTN: AMIM-BGH-MT, PO BOX 70029
FORT BRAGG, NC 28307-0029**

**BRING TO: INSTALLATION RETIREMENT SERVICES OFFICE, 1ST FLOOR, WING C OF THE SOLDIER
SUPPORT CENTER (OLD WOMACK HOSPITAL) ON NORMANDY DRIVE**

BOWLING RESERVATION FORM

RESERVATIONS ARE REQUIRED to participate in the Retiree Bowling Tournament on Saturday, 22 October 2022. Cost is \$15.00 per person which includes 3 games and shoe rental. 100% of registration fee minus bowling costs will be applied to the **CASH** prize fund. Payments must be made by Check, Money Order or Cash no later than 14 October 2022. The first 96 persons registered will be accepted. Sign-in time is from 2:00 p.m. to 2:30 p.m.

Sign me up for the RAD Bowling Tournament at Dragon Lanes Bowling Facility, Saturday, 22 October 2022

☐

Enclosed is my Check/Money Order **payable to Dragon Lanes.**

☐

Payment with Cash at the Retirement Services Office

Rank, Name (Last, First, MI) (Please Print) _____ (Signature) _____ (Total) \$ _____

Phone Number (Include Area Code) _____

Address, City, State, Zip Code (Please Print) _____

Age 62 or older please check here ☐

Bowling Average (to be used for lane pairing only) _____

9 PIN NO-TAP TOURNAMENT RULES

1. Tournament is open to ALL male and female "adult" (18 and older) bowlers.
2. This is a singles scratch tournament. No handicap will be used.
3. Entry fee: \$15.00 per bowler (includes three games and shoe rental if necessary).
4. Format: 3 games of 9 pin no tap bowled on same pair of lanes. If a bowler gets a 9 or strike on the first ball, it counts as a strike; 8 or less, you must go for a spare.
5. Bowlers are required to check in between 2:00 p.m. - 2:30 p.m. for lane assignments.
6. Any dispute in scoring shall be brought to the attention of the tournament official immediately.

Name of Bowler you would like to Bowl with: _____

Name of Bowler you would like to Bowl with: _____

Name of Bowler you would like to Bowl with: _____

**PLEASE MAIL OR BRING RESERVATION FORM AND PAYMENT TO THE RETIREMENT SERVICES OFFICE
NO LATER THAN 14 October 2022**

**MAIL TO: INSTALLATION RETIREMENT SERVICES OFFICE, PO BOX 70029
FORT BRAGG, NC 28307-0029**

**BRING TO: INSTALLATION RETIREMENT SERVICES OFFICE, 1ST FLOOR, WING C OF THE SOLDIER
SUPPORT CENTER (OLD WOMACK HOSPITAL) ON NORMANDY DRIVE**



Retired Soldiers...Let Your Voices Be Heard



As a Retired Soldier your voice can still be heard through the North Carolina Army Retired Soldier Council (NCARSC). The NCARSC solicits Army Retired Soldiers to report critical issues of concern that can be elevated to the Chief of Staff Army Retired Soldier Council. You may report these issues to the NCARSC Co-Chairpersons within your geographic region. Please find your geographic region below based upon the county in which you reside:

NCARSC at Large - Co-Chairmen - COL (R) Donald Latella, email: dlatella@nc.rr.com (910) 323-1843 and CSM (R) Jimmie W. Spencer, email: jspencer@ausa.org (910) 323-1843

Region I - Western Region - COL (R) Doug R. Huthwaite, email: drhuthwaite@gmail.com (910) 476-7961 and SFC (R) Kenneth Long; email: ken.long@yahoo.com (828) 728-4451
Counties include: Cherokee, Graham, Clay, Macon, Swain, Jackson, Transylvania, Haywood, Madison, Buncombe, Henderson, Polk, Rutherford, McDowell, Yancey and Mitchell

Region II - Northwest Region - COL (R) James Oxford, (828) 963-5625 and 1SG (R) Robert Ward, (828) 963-5625
Counties include - Alexander, Alleghany, Ashe, Avery, Burke, Caldwell, Catawba, Iredell, Rowan, Watauga, and Wilkes

Region III - Southern Piedmont Region - LTC (R) Malcolm Earles Jr.; email: mal.earles@gmail.com (704) 708-5793 and 1SG (R) Robert Groulx; email: bob@repairingamerica.com (704) 568-8222
Counties include - Cleveland, Gaston, Lincoln, Mecklenburg, Cabarrus, Stanley, Union and Anson

Region IV - Triad Region - Vacant Officer and SFC (R) Richard Clemmons; email: rclemon@bellsouth.net (336) 766-1223
Counties include - Surry, Stokes, Rockingham, Yadkin, Forsyth, Guilford, Alamance, Davie, Davidson and Randolph

Region V - Cape Fear Region - CW5 (R) Calvin J. Dalton Jr.; email: calvin.dalton@att.net (910) 868-3320 and MSG (R) Rodney C. Ray; email: rodney.c.ray.civ@mail.mil (910) 587-7909
Counties include - Montgomery, Richmond, Scotland, Lee, Harnett, Moore, Hoke, Cumberland, Robeson, Sampson and Bladen

Region VI - Triangle Region - LTC (R) Howard Fisher; email: buckfisher@nc.rr.com (919) 291-4575 and Vacant Enlisted Counties served include - Caswell, Person, Granville, Vance, Warren, Orange, Durham, Franklin, Chatham, Wake and Johnston

Region VII - Southeastern Region - LTC (R) William Kous; email: w.kous2@gmail.com (708) 710-4195 and Vacant Enlisted Counties served include - Brunswick, Columbus, Duplin, New Hanover, Onslow, and Pender

Region VIII - Coastal Plains Region - COL (R) Robert Barker; email: scott.barker@suddenlink.net (252) 757-3787 and SFC (R) Claridge Rice; email: esalrice@yahoo.com (252) 258-2242
Counties served include -Northampton, Halifax, Hertford, Gates, Nash, Edgecombe, Bertie, Martin, Washington, Tyrell, Dare, Wilson, Pitt, Beaufort, Hyde, Wayne, Greene, Lenoir, Craven, Pamlico, Jones, Carteret, Chowan, Perquimans, Pasquotank, Camden and Currituck

Retirement Services Officer's Corner

We have had many challenges to overcome during the pandemic whereas many services within the Retirement Services Office (RSO) are delivered via email, phone, and mail. I would like to take this opportunity to thank those who have received such services for their patience and understanding.

As we continue to enhance our methods to deliver services to our Retired Soldiers and Family members, I am soliciting your assistance with providing the RSO with your personal email address. This will allow the RSO to send you various information from the RSO's information channels and other veterans services of interest. This request is totally voluntary and your email address will not be shared with other individuals or agencies without your consent. Those who are willing to participate with this effort, please send your Rank/Full Name and email address to usarmy.bragg.imcom-atlantic.mbx.bragg-rso@army.mil. You are encouraged to provide this information to other military retired members and survivors to include other uniformed services. The RSO email address provided can also be used to request services or information from the RSO.

If you have additional questions please send us an email at usarmy.bragg.imcom-atlantic.mbx.bragg-rso@army.mil or call (910) 396-5304 or toll free 1-800-535-6067.

OFFICIAL BUSINESS

Casualty Assistance Officer (CAO) Support

If requested, Fort Bragg appoints a CAO to provide casualty assistance to the primary next-of-kin (PNOK) of all Army retirees who are residents of North Carolina. If requested by the PNOK, Fort Bragg will provide burial honors for Army retirees who pass away while a North Carolina resident. The request for burial honors must be made through the funeral director.

The CAO is not allowed to provide uniform items or decorations for a burial. If a retiree wishes to be buried in uniform, he or she should ensure that a uniform of proper size and all decorations are available to the PNOK. Retirees who present proof of retirement (ID Card) may make uniform purchases at the Installation Clothing Sales Store. If you have any questions or need additional information, please feel free to contact the Casualty Section at (910) 396-9901 or the Casualty Operations Coordinator at (910) 643-4070. Specific questions concerning SBP and other benefits should be directed to the Installation Retirement Services Office (RSO) at (910) 396-5304 or 1-800-535-6067.

ID Card Facility Support

The main ID card facility at the Soldier Support Center, on Normandy Drive will provide full service for retirees and their family members from 0900-1400; everyone will need 2 valid forms of ID; examples of ID's are as follows: Driver's License, Social Security Card, Passport, Birth certificate.

If you have any questions or need additional information, please feel free to contact the ID Card Facility at (910) 396-9339 or the ID Card Facility Manager at (910) 396-9624.

The North Carolina Retired Army Personnel Bulletin is published by the Installation Retirement Services Office, a section of the Directorate of Human Resources, XVIII Airborne Corps and Fort Bragg. It is published under the provisions of Army Regulation 600-8-7 to communicate with U.S. Army retired Soldiers, their Families and survivors residing in North Carolina, and to provide a means of facilitating the accomplishment of the objectives of the Army Retirement Services Program by providing information and assistance. Articles appearing in this publication do not necessarily reflect the opinion of the commander or Department of the Army. Inquires or comments concerning this bulletin should be sent to the Installation Retirement Services Officer, P.O. Box 70029, ATTN: AMIM-BGH-MT, Fort Bragg, NC 28307-0029 or email address: usarmy.bragg.imcom-atlantic.mbx.bragg-rso@army.mil

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