



IMCOM—EUROPE RETIREE BULLETIN

Volume XXIV, July 2020

IMCOM-Directorate Europe, (IMEU-HRM), Unit 23103, APO AE 09136-3103

This bulletin expires 1 year from date of publication.

Your Local Garrison Retiree Council

If there are any issues that you are facing, you can contact your local Retiree Council for assistance.

They are your voice to address any concerns or issues that are important to you as an Army Retiree.

The Retiree Council is made up of volunteers who meet throughout the year to discuss any issues addressed to the council. They also work hard to assist and host the annual Retiree Appreciation Day held in October.

If you are interested in becoming a member, contact your local Garrison Retirement Services Officer listed on page 15.



WE WANT YOU!

The IMCOM-Europe Retiree Bulletin is available on the IMCOM-Europe website or via email. If you did not receive your copy by email, contact our local Retirement Services Office or email your request to usarmy.sembach.ret-svcs@mail.mil.

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Message from IMCOM-Europe Retirement Services Officer

Dear Retirees, Family Members, and Annuitants:

Earlier this year, the Corona virus disease (COVID-19) made its way all over the world and into Europe. As we continue to take precautionary measures, such as wearing a mask, washing and sanitizing our hands, we want to make sure that all retirees and family members stay safe and healthy this year.

The annual Retiree Appreciation Day schedule is listed on page 3 however please check with your local garrison Retirement Services Officer for the latest information before heading out to the event. Due to COVID-19 measures, RAD schedules may change or be cancelled after the publication of this newsletter. We want to make sure that you have the latest information.

If you would like to receive this newsletter via email, please email your request to **usarmy.sembach.ret-svcs@mail.mil** with the subject line "**Subscribe**". Your request is your consent to add your email to the distribution list to receive the IMCOM-Europe newsletter. Your email address will not be released to any third party and will be used strictly for the distribution of the newsletter that is published twice a year. You may unsubscribe at any time.

Here are some of the benefits of receiving your newsletter electronically:

- Clickable links to take you directly to websites within an article
- Links to downloadable forms
- View the newsletter in colorful print
- Share with your fellow comrades
- Most importantly....SAVE PAPER!!

The newsletter is also available at the [IMCOM-Europe Retirement Services](#) website and past editions are also available.

As always, thank you for your service and sacrifice to our country.

Ms. Chong Min
IMCOM Directorate - Europe
Retirement Services Officer

2020 Retiree Appreciation Day (RAD)

Important Message

Due to COVID-19 measures, check with your local Retirement Services Office for updates or cancellation to the RAD schedule.

As the start of the next flu season comes around, we want to keep you and your family safe and healthy. The latest updates on the RAD can also be found on the IMCOM-Europe Retirement Services Office website.

If you are able to attend the next RAD, please be sure to stop by and say hello to your Retiree Council. They work diligently all year to put together your RAD program, along with the RSO, to keep you informed of your benefits and resolve any issues.

2020 RAD Schedule		
Date	Garrison	Location & Time
16 October 2020	USAG Benelux-Brunssum	Brunssum MWR Facility The Hub, BLDG 5 0900 - 1400
17 October 2020	USAG Benelux-SHAPE	SHAPE Healthcare Facility Mons, BLDG 401 0900 - 1300 Registration opens at 0830
20 October 2020	USAG Bavaria	Tower View Conference Center Tower Barracks, BLDG 209 Registration opens at 0900
21 October 2020	USAG Ansbach	CANCELLED
22 October 2020	USAG Stuttgart	CANCELLED
27 October 2020	USAG Italy	Golden Lion Conference Center Caserma Ederle, BLDG 311 0900 - 1300 Registration opens at 0900
31 October 2020	USAG Wiesbaden	USAEUR Mission Command Center Clay Kaserne, BLDG 1000 Doors open at 0730
5 November 2020	USAG Rhineland-Pfalz	Ramstein Officers Club Ramstein Air Base, BLDG 302 Time: TBD

Understanding Health Protection Condition Levels (HPCON)

During the COVID-19 pandemic, you might have seen the Health Protection levels (HPCON). Below are the HPCON levels and the actions to take.

For more information visit: <https://phc.amedd.army.mil/topics/campaigns/covid19/Pages/HPCON.aspx>

0	ROUTINE No Community Transmission	Routine = Maintain your everyday actions to stop the spread of germs
<ul style="list-style-type: none">✓ Avoid close contact with people who are sick✓ Wash your hands often✓ Cover your sneeze with a tissue✓ Avoid touching your eyes, nose and mouth		
ALPHA	LIMITED Community Transmission Beginning	Alpha = There is a limited health alert.
<ul style="list-style-type: none">✓ Clean and disinfect frequently touched objects and surfaces✓ If you are sick, stay home from work		
BRAVO	MODERATE Increased Community Transmission	Bravo = Your area is experiencing an increase in community transmission
<ul style="list-style-type: none">✓ Practice social distancing✓ Avoid unnecessary travel✓ Prepare for food and medical supplies to last for more than 14 days✓ Comply with medical orders for self-isolation or quarantine		
CHARLIE	SUBSTANTIAL Sustained Community Transmission	Charlie = Your area is experiencing sustained community transmission
<ul style="list-style-type: none">✓ Except cancellation of gatherings and restricted ability to travel✓ Prepare for the potential of limited access to supplies and services		
DELTA	SEVERE Widespread Community Transmission	Delta = Your area is experiencing severe widespread community transmission
<ul style="list-style-type: none">✓ Expect to stay at home for extended periods of time✓ Follow all directives and guidance from your host nation and federal authorities.		

Military Health System (MHS) Nurse Advice Line

The TRICARE MHS Nurse Advice Line phone numbers have been recently updated for Europe. This service is available 24 hours a day, 7 days a week service for all US Family Health Plan members. The service is free and you may call, web chat or video chat with a registered nurse for health advice.



NEW PHONE NUMBERS:

Bahrain: 0800-06432
Belgium: 0800-81933
Germany: 0800-071-3516
Greece: 00-800-4414-1013
Italy: 0800-979721
Spain: 900-82-2740
Turkey: 00-800-44-882-5287
UK: 0800-028-3263

Federal Employees Dental and Vision Insurance Program (FEDVIP)

FEDVIP is voluntary dental and vision program available to retirees and their eligible dependents. If you recently retired, you have 60 days from your retirement date to enroll in a FEDVIP plan. After 60 days, you may only enroll during open season.

Open season will start on November 9, 2020 thru December 14, 2020. During this time you may enroll, cancel or change your dental and vision plan. There are ten dental and four vision plans to choose from. Be sure that your health care professional is a participating provider in the network to avoid out-of-pocket expenses for non-covered services.

If you have a qualifying life changing event (QLE), you are allowed to enroll or make changes to your FEDVIP plan within 60 days of the event. [Click here](#) to find about more about QLE.

To create your BENEFEDS account, visit <https://www.benefeds.com/>. Under *Dental and Vision*, select "Enroll". Once your account is established, you can manage your plan.

Shopping Privileges for Eligible Veterans

As of January 1, 2020, in-store shopping privileges at the commissary, Exchange and the use of Morale, Welfare and Recreation (MWR) facilities has been expanded to Purple Heart recipients, Former POW, veterans with service-connected disability and VA registered Caregivers of eligible veterans.

Eligible veterans must be enrolled in the VA health care system and have a Veteran Health Identification Card (VHIC) which is required to access military installation and to make purchases. Currently, VHIC is not issued overseas. More information about VHIC can be found at <https://www.va.gov/healthbenefits/vhic/>.

To start the process in Germany, eligible veterans must complete [AE Form 190-16A](#) and contact the nearest Installation Access Control Services to initiate their access. Once eligible veterans have been cleared to access the installation, they must contact and register with the [U.S. Customs Agency-Europe](#). Forms must be completed and registered with the German Customs office and be issued what is known as the "Pink Card".

Veterans who are unable to shop due to a physical or medical condition may appoint their caregivers as a "Shopping Assistant" to shop on behalf of veterans. The same process applies and documents will be required. Family members of veterans and caregivers are not authorized to shop.

Further guidance for other European installations is still pending.

For more information, visit <https://www.army.mil/>

2021 Tricare Enrollment Fees

Attention All Group A Retired Beneficiaries!!

Starting on January 1, 2021, if you are a Group A retired beneficiary, you and your family must pay a monthly TRICARE Select enrollment fee to maintain your TRICARE Select coverage.

Here are the changes to the plan:

- Individual Plan: \$12.50 per month or \$150 annually
- Family Plan: \$25 per month or \$300 annually
- The catastrophic cap will increase from \$3,000 to \$3,500

Your enrollment fee will be waived, if you are:

- An active duty family member
- A survivor
- A medically retired retiree or family member

Later this year, you'll be asked to set up a monthly enrollment fee premium payment. These will be your option:

- If you receive your retirement or other pay from a military pay center, you will pay your TRICARE Select fees via a monthly allotment.
- If you don't get your retired pay through a military pay center, then you'll pay your fees by a recurring credit or debit card transaction. You can also pay your monthly fees through electronic funds transfer (EFT) from a US Bank.

You will be disenrolled from TRICARE Select for failure to pay enrollment fees by January 1, 2021. In case you miss the deadline, you will have 90 days from your last through date to request a reinstatement from your regional contractor.

For more information visit <https://tricare.mil/Plans/Enroll/Select/EnrollmentFees>

2020 Thrift Savings Plan Contributions

Once you retire, you can no longer contribute to your TSP account however if you obtain federal employment, you are eligible to continue contributing.

Contribution limits for 2020 have been set to \$19,500. This applies to the total of traditional and Roth contributions. Participants age 50 and older may have a maximum catch-up contribution of \$6,500.

For more information visit <https://www.tsp.gov/>.

SBP-DIC Offset Elimination

The Defense Finance and Accounting Service (DFAS) is planning for the changes to the National Defense Authorization Act (NDAA) for fiscal year 2020 to phase-out the reduction of Survivor Benefit Plan (SBP) Survivor Annuities by amount of Dependency and Indemnity Compensation (DIC).

DFAS is currently conducting a legal review and analyzing how to implement the changes. Please do not call DFAS to inquire about your account or when you will receive your payment. Annuitants who are affected by the new law will see changes to their payment starting on February 1, 2021.

If you previously received a refund of SBP premiums paid due to the SBP-DIC offset, you DO NOT have to pay back the refund because of this change in the law.

It's very important that SBP annuitants have filed the correct mailing address with DFAS. If you do not have a myPay account, now would be the time to set up your account and create a profile.

Establishing a myPay account allows you to access your information at any time. You can download and print documents such as 1099-R and annuitant pay statement instantly. Address and banking information can also be update through myPay. It's fast and convenient and no need to fill out forms or wait on the phone to speak to a customer service representative. To set up your new account, visit <https://mypay.dfas.mil>

For the latest new on the SBP-DIC offset, visit <https://www.dfas.mil/sbpdicnews>

Survivor Benefit Plan for Child Annuitants

SBP annuity payments for children stop when they reach the age of 18, however full time-time students (in high school or at an accredited college or university) will continue to receive annuity payments until the age of 22 or otherwise become ineligible.

As of May 2020, the school certification form has been redesigned to be shorter, simpler and easier to file with DFAS. The [DD Form 2788](#), Child Annuitant's School Certification, can now be certified each year instead of each term as previously required.

High school and college students turning 18 will receive a school certification form 60-90 days prior to their 18th birthday. The form must be filled out and signed by a parent or guardian and returned to DFAS prior to the first day of the month on the child annuitant's 18th birthday.

Students will self-certify and school official signature is no longer required. The Previous Attendance Letter will be used to certify past attendance. All forms can be upload to AskDFAS portal at <https://go.usa.gov/xymaH>.

For more information, visit the DFAS website <https://www.dfas.mil/RetiredMilitary/survivors/School-Certifications/>.

Space-A Travel

As of 13 August 2018, a policy update took affect to allow eligible 100% disabled veterans to compete for Space-Available flights. Authorized veterans will be able to travel within the U.S. and its territories.

There is **NO GUARANTEE** that a seat will be available. All travelers must be prepared to purchase a commercial flight and other related expenses if Space-Available transportation is not available.

Registration: You can register in-person at your local AMC Passenger Terminal, fax or email your request.

More information about the Space Available Travel Program can be found at:
<https://www.amc.af.mil/Home/AMC-Travel-Site/AMC-Space-Available-Travel-Page/>

There are 6 categories of eligibility:

Category I - Emergency Leave Unfunded Travel.

Category II - Accompanied Environmental and Morale Leave (EML) and accompanied family members

Category III - Ordinary Leave, Relatives, House Hunting Permissive TDY, Medal of Honor Holders, and Foreign Military.

Category IV - Unaccompanied Environmental and Morale Leave (EML).

Category V - Permissive TDY (Non-House Hunting), Students, Dependents, Post Deployment/Mobilization Respite Absence, and Others

Category VI - Retired, Dependents, Reserve, ROTC, NUPOC and Civil Engineer Corps members and 100% Disabled Vets.

AMC Terminals in Europe (as of 18 Dec 2019)

[CLICK HERE](#) for a listing of all AMC Terminals

Terminal Location	COMM	DSN	Email	Website
Aviano AB, Italy	011-039-0434-30-7680	(314) 632-7680	AvianoSpaceA@us.af.mil	https://www.aviano.af.mil/Site-Pages/AvianoPassenger-Terminal/
Incirklik AB, Turkey	90-322-316-6425 90-322-316-6001	(314) 676-6425 (314) 676-6001	728AMS.SpaceA.SignUp@us.af.mil	http://www.incirklik.af.mil/Units/728th-Air-MobilitySquadron
Lajes Field AB, Azores	011-351-295-57-3227 011-351-295-57-3582 Flight Recording 011-351-295-57-3961	(314) 535-3227 (314) 535-3582 Flight Recording (314) 535-3961	721APS.OL-A.1@us.af.mil	https://www.facebook.com/Lajes-Passenger-TerminalAzores-Portugal-365136066860819/
NSA Bahrain, Bahrain	011-973-1785-9591 011-973-1732-6178	(318) 439-9591 (318) 439-9009	bahrainspacea@me.navy.mil	http://www.cnic.navy.mil/regions/cnreura/swa/installations/nsa_bahrain.html
NSA Naples, Italy	011-39-81-568-5283 011-39-81-568-5369	314) 626-5283 (314) 626-5369	spacea.naples.it@eu.navy.mil	http://www.cnic.navy.mil/rota/index.htm
NSA Souda Bay, Crete, Greece	011-30-282102-1275 011-30-282102-1383	(314) 266-1275 (314) 266-1383	spaceasoudabay@eu.navy.mil	http://www.cnic.navy.mil/regions/cnreura/swa/installations/nsa_souda_bay/about/tenant_commands/air_terminal.html
RAF Mildenhall, UK	01638-54-2248	(314) 238-2248	727ams.spacea@us.af.mil	http://www.mildenhall.af.mil/Info/RAF-MildenhallPassenger-Terminal
Ramstein AB, Germany	06371-46-4441 06371-46-4440	(314) 479-4441 (314) 479-4440	721aps.ramsteinspaceasignup@us.af.mil	http://www.ramstein.af.mil/Units/Ramstein-ABPassenger-Terminal
Rota NAS, Spain	34-95-682-2411 34-95-682-2171	(314) 727-2411 (314) 727-2171	spacearota@eu.navy.mil	http://www.cnic.navy.mil/regions/cnreura/swa/installations/ns_rota.html
Sigonella NAS, Italy	39-095-86-5576 39-095-86-6725	(314) 624-5576 (314) 624-6725	spaceasiz@eu.navy.mil	http://www.cnic.navy.mil/regions/cnreura/swa/installations/nas_sigonella/about/tenant_commands/air_terminal.html
Spangdahlem AB, Germany	011-49-6565-61-8866	(314) 452-8866	726ams.trp@us.af.mil	http://www.spangdahlem.af.mil/Units/726th-AirMobility-Squadron-passenger-terminal

Driving in Europe

ITALY:

Italy passed a law on November 7, 2019 requiring all drivers to have car seats with an alarm for children under the age of 4. The law was passed due to several fatal cases of children being accidentally left in the car in extreme heat. As of March 6, 2020, drivers who violate this law are subject to fines up to € 326 and five points on their driver's license. Repeated offenders will face suspended driving privileges for fifteen days. All registered vehicles in Italy, including rental cars, are required to use child safety seats.

If you don't have a new car seat equipped with an alarm, you may purchase alarms to be added to existing car seats. Any travelers renting a car in Italy should inquire with the rental company regarding the availability of car seats with an alarm.

GERMANY:

As of April 28, 2020, Germany's new traffic rules has stiffer penalties. [CLICK HERE](#) to download the 2020 Fine Catalog in German (Translated version is not available) or visit <https://www.bussgeldkatalog.de/> for more information.

BELGIUM:

Each European country has different requirements of items that are required to be in your registered vehicle when driving.

In Belgium the following items are required for all registered vehicles:

- Reflective Jackets - In the event of breakdown, accident or stopped vehicles in a prohibited area
- Warning Triangle
- Headlamp Beam Deflectors - You may have a deflector sticker or adjust the beam manually
- First Aid Kit
- Fire Extinguisher

[CLICK HERE](#) to download a PDF list of items you need to carry for other European countries.

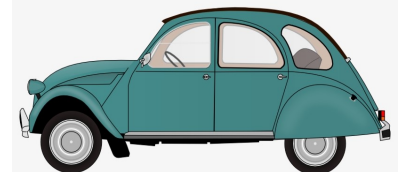
TRAVELING WITH PETS:

An European Union (EU) Pet Passport is a universal document that contains your pet's identification, ownership and medical information and required when traveling to any of the EU countries. This document is issued by an official veterinarian in a EU Member State or other designated country that contains official health information of your pet.

Some EU countries have additional vaccination requirements. Switzerland and Norway are not part of the EU countries but accept the EU Pet Passport.

If you are traveling to the U.S. with a pet, please visit the United States Department of Agriculture ([USDA](#)) website for more information. Not all animals qualify as pets. [Birds](#) have a stricter import requirement and are subject to quarantine.

It is also recommended that you scan or photocopy of your Pet Passport incase it's lost or stolen.



REAL ID Act

On December 20, 2013, the Department of Homeland Security (DHS) announced the implementation and enforcement plan for the REAL ID Act that was passed by Congress in 2005. The REAL ID Act set standards for the issuance of identification such as driver license and state identification card. In order to meet the Act requirements, you must provide required documents.

A REAL ID-compliant driver license and state ID with the “Gold Star” logo verifies proof of residence and identity for national security reasons. This will allow you to enter U.S. federal government facilities and is an accepted form of ID for domestic air travel within the U.S.

The deadline to comply with the REAL ID Act is October 1, 2020. After that date, you will need to have a REAL-ID compliant driver license or state ID with the “Gold Star” to access government facilities or fly domestically within the U.S. If your driver license or state ID is not REAL ID-compliant, you must use other forms of acceptable identification such as a U.S. Passports, enhanced Driver’s License, or Permanent resident card.

To find out if your state is in compliance with the REAL ID Act log onto <https://www.dhs.gov/real-id> and select your state.



International Direct Deposit

International Direct Deposit (IDD) is available to U.S. military retirees and annuitants living in an eligible location overseas. Please visit <https://www.dfas.mil/retiredmilitary/manage/idd.html> for a listing of eligible countries.

If you are planning to change your direct deposit, ensure the funds have been deposited into your new account before closing the old account. IDD is secure, safe and convenient. Mailed checks can be lost in the mail or stolen.

Your payment will be converted from U.S. dollars to the local currency using the wholesale exchange rate two days prior to the payment date to your local bank.

To start your IDD, you must complete SF 1199-I, [International Direct Deposit Enrollment](#) form and submit to DFAS. The form is fillable and it’s recommended to type your information and don’t forget to sign the document. Joint account holders must have both signatures.

For Retirees:

DFAS
U.S. Military Retired Pay
8899 E. 56th Street
Indianapolis, IN 46249-1200
Fax: 1-800-469-6559

For Annuitants, Beneficiaries and Survivors:

DFAS
U.S. Military Annuitant Pay
8899 E. 56th Street
Indianapolis, IN 46249-1200
Fax: 1-800-982-8459

Upload to AskDFAS: <https://www.dfas.mil/AskDFAS.html>

Federal Benefits Unit

The Federal Benefits Unit (FBU) administers federal benefits programs for the Social Security Administration, Department of Veterans Affairs, Office of Personnel Management, Railroad Retirement Board, and Department of Labor.

Reporting changes to the Social Security Administration (SSA).

There are 13 things that you MUST report to the SSA:

1. Change of Address
2. Work outside of the U.S.
3. If your disability improves, or your return to work, after qualifying for disability benefits
4. Marriage
5. Divorce or annulment
6. Adoption of a child
7. Child leaves the care of a spouse or surviving spouse
8. Child nearing age 18 is a full time student or disabled
9. Death
10. Inability to manage funds
11. Deportation or removal from the U.S.
12. Changes in parental circumstances
13. Eligibility for a pension from work not covered by Social Security

How to report your changes:

You can report by contacting the FBU or the Social Security Administration. Be sure to include the following when reporting:

- The name of the person or persons about whom the report was made
- What is being reported and the date it happened
- The claim number (a nine-digit number followed by a letter or a letter and a number) or BNC# that appears on correspondence from SSA.

BELGIUM

U.S. Embassy
42 Elgin Road
Ballsbridge Dublin 4, Ireland
Phone: 353-1668-8777 Ext: 2112
2112
Fax: 353-1668-7245
Email: FBU.Dublin@ssa.gov

GERMANY

U.S. Consulate General
Giessener Strasse 30
60435 Frankfurt, Germany
Phone: 49-69-90555-1100

Fax: 49-69-749352
Email: FBU.Frankfurt@ssa.gov

THE NETHERLANDS

U.S. Embassy
42 Elgin Road
Ballsbridge Dublin 4, Ireland
Phone: 353-1668-8777 Ext:

Fax: 353-1668-7245
Email: FBU.Dublin@ssa.gov

ITALY

U.S. Consulate General
Piazza della Repubblica
80122 Naples, Italy
[Online Email Form](#)
Fax: 39-081-7611804

U.S. Embassy
Via Veneto 119/A
00187 Roma, Italy
[Online Email Form](#)
Fax: 39-06-4674-2542

For other countries not listed, please visit <https://www.ssa.gov/foreign/foreign.htm>

Meet the Garrison's Retiree Council in Europe

USAG Benelux Retiree Council



Left to right: COL (R) Lewis Bumgardner (USMC), COL (R) Hank Keese (USAF), CPT (R) Joe Schram (USA), COL (R) Raymond Healy (USA), Mr. Anthony Zachary (USAG Benelux RSO), LTC (R) William Bergman (USA), COL (R) Dick Sheridan (USA), Mrs. Kathy Cantwell, MSgt (R) Gerald Racz (USN), and MSgt (R) Tom Gatliff (USAF)
Not photographed: LTC (R) Dennis Cantwell (USA) and Mrs. Marinette Peterson

USAG Wiesbaden Retiree Council



Left to right: CW4 (R) Robert Pierce (USA), TSgt (R) Friedhelm Reimann (USAF), CW3 (R) Sandra Simpson (USA), SFC (R) Linda Tabor (USA), MAJ (R) Edee Tubor (USAF), and Mrs. Annelies Paige, and LTC (R) Jim Yentz (USA)

Your local garrison retiree council is comprised of volunteers to voice your concerns, as an Army Retiree, to Retirement Services Officer (RSO) and garrison leadership. They meet throughout the year to address any matters of concern that are important to you.

If you are interested in becoming a member with your local retiree council, contact your local RSO for more information. See page 15 for a directory of RSO in Europe.

Retiree Wellness

Regardless of your age or fitness level, it's never too late to participate in a physical activity. Staying active can be challenging but you may be exercising without even realizing it. Playing fetch with a dog or walking around the mall is keeping you active and moving. Regular exercise will boost your energy, manage symptoms of illness or pain and help maintain your weight.

Staying motivated can be another challenge. Having a fitness partner or signing up for a class can keep you motivated. Before starting any fitness exercise, be sure to consult with your physician first.

This is a story about Arthur Boorman, who is a disabled veteran, and was told by doctors that he could never walk on his own again. He saw on an article about yoga and with the support from the instructor, Arthur lost 140 pounds. His remarkable and motivating story can be found on YouTube titled "*Never, Ever Give Up. Arthur's Inspirational Transformation*". Click here for the link: <https://www.youtube.com/watch?v=qX9FSZJu448>.



Eating Healthy

Asparagus

(ə-'sper-ə-gəs)

Asparagus is a vegetable known commonly for it's slender spear appearance. Did you know there are more than 200 different types of asparagus? Only about 20 are edible and the rest are for ornamental and floral decoration.

Green is the most common color however it also grow in purple and white, each having it's own flavors.

There are many health benefits to eating asparagus such as help lower blood pressure, assist digestion, weight loss, and contains anti-aging properties.

Nutritional Value per 1 cup:

27 Calories
5g of Carbs
2.9g Protein
0.2g Fat
2.8g Fiber
2.5g sugar
2.7mg Sodium



Oven Roasted Asparagus

- 1 bunch thin asparagus spears, trimmed
- 3 T. Olive oil
- 1 1/2 T. Grated parmesan cheese
- 1 clove garlic, minced
- 1 t. sea salt
- 1/2 t. ground black pepper
- 1 T. lemon juice

1. Preheat oven to 425 degrees F (220 degrees C)
2. Please the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange the asparagus onto a baking sheet in a single layer.
2. Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.



Source: www.allrecipes.com

Helpful Resources

Defense Finance Accounting Service (DFAS)

Customer Service: 800-321-1080 (M-F, 0800-1700 EST)

DFAS Website: <https://www.dfas.mil>

AskDFAS: <https://www.dfas.mil/AskDFAS.html>

myPay: <https://mypay.dfas.mil>

Mailing Address:

Retirees:

DFAS

US Military Retired Pay

8899 E 56th Street

Indianapolis, IN 46249-1200

Annuitants/Beneficiaries:

DFAS

US Military Annuitant Pay

8899 E 56th Street

Indianapolis, IN 46249-1300

Soldier for Life (SFL)

SFL Retired Soldier Website: <https://soldierforlife.army.mil/Retirement>

Army Echoes: <https://soldierforlife.army.mil/Retirement/army-echoes>

U.S. Army Retired Soldier Handbook: <https://soldierforlife.army.mil/Retirement/post-retirement>

Survivor Benefit Plan (SBP): <https://soldierforlife.army.mil/Retirement/survivor-benefit-plan>

CSA Retired Soldier Council: <https://soldierforlife.army.mil/Retirement/csa-retired-soldier-council>

TRICARE Overseas

TRICARE Overseas Website: <http://www.tricare-overseas.com>

Contact Information: <http://www.tricare-overseas.com/contact-us/eurasia-africa>

Belgium: 0800-81-118 ([Wallet Card](#))

Germany: 0800-589-1599 ([Wallet Card](#))

Italy: 800-915-994 ([Wallet Card](#))

Netherlands: 0800-230-0006 ([Wallet Card](#))

US Family Health Plan: <http://www.usfhp.com>

Veterans Affairs

VA Website: <https://www.va.gov/>

VA Health Care: <https://www.va.gov/health-care/apply/application/introduction>

Veterans Health Identification Card (VHIC): <https://www.va.gov/healthbenefits/vhic/>

Post 9/11 GI Bill: <https://www.va.gov/education/about-gi-bill-benefits/post-9-11/>

Yellow Ribbon Program: <https://www.va.gov/education/about-gi-bill-benefits/post-9-11/yellow-ribbon-program/>

VGLI: <https://www.va.gov/life-insurance/options-eligibility/vgli/>

Burial: <https://www.va.gov/burials-memorials/>

Other

AAFES: <https://www.shopmyexchange.com/>

Army Lodging: <http://army.dodlodging.net/>

Commissary: <https://www.commissaries.com/>

DEERS Online Appointment Scheduler: <https://rapids-appointments.dmdc.osd.mil/>

DS Logon: <https://myaccess.dmdc.osd.mil/identitymanagement/authenticate.do?execution=e1s1>

eBenefits: <https://www.ebenefits.va.gov/ebenefits/homepage>

Federal Benefits Unit (FBU): <https://de.usembassy.gov/u-s-citizen-services/social-security/>

IMCOM-Europe: <https://home.army.mil/imcom-europe>

Medicare: <https://www.medicare.gov/>

MWR Europe: <https://global.armymwr.com/europe>

MyArmyBenefits: <https://myarmybenefits.us.army.mil>

USAJobs: <https://www.usajobs.gov/>

IMCOM Directorate - Europe Retirement Services Office Directory

Garrison	Address	Phone Number	Email
GERMANY			
IMCOM-Europe	Unit 23103 APO AE 09136-3103 Sembach Kaserne, Bldg 111	DSN: 314-544-1530 CIV: 0611-143-544-1530	usarmy.sembach.ret-svcs@mail.mil
USAG Ansbach	Unit 28614 APO AE 09177-8614 Katterbach Kaserne, Bldg 5818	DSN: 314-467-3793 CIV: 09802-83-3793	usarmy.rsoansbach@mail.mil
USAG Bavaria (Vilseck/Grafenwoehr)	Unit 28130 APO AE 09114-8130 Tower Barracks Bldg. 244, Rm 120	DSN: 314-475-8709 CIV: 09641-83-8709	usarmy.bavaria.ret-svcs@mail.mil
USAG Bavaria (Hohenfels)	Unit 28216 APO AE 09173 Bldg. 10, Rm 103	DSN: 314-522-2428 COMM: 09472-708-2428	usarmy.bavaria.ret-svcs@mail.mil
USAG Rheinland-Pfalz (Kaiserslautern & Baumholder)	Unit 23175 APO AE 09227-3152 Kleber Kaserne, Bldg 3245	DSN: 314-541-1021 CIV: 0611-143-541-1021	usarmy.rheinland-pfalz.ret-svcs@mail.mil
USAG Stuttgart	Unit 30401 APO AE 09107-0401 Panzer Kaserne Bldg 2915, Rm 307	DSN: 314-431-3673 CIV: 07031-15-3673	usarmy.stuttgart.imcom.list.retired-services@mail.mil
USAG Wiesbaden	Unit 29623 APO AE 09096-9623 Clay Kaserne, Bldg 1023 East	DSN: 314-548-1614 CIV: 0611-143-548-1614	usarmy.rsowiesbaden@mail.mil
BELGIUM/THE NETHERLANDS			
USAG Benelux-SHAPE	CMR 451 APO AE 09708 SHAPE, Bldg 253	DSN: 314-366-6293 CIV: 065-32-6293 CIV: +32(0)65-32-6293	usarmy.rsobenelux@mail.mil
USAG Benelux-Brunssum	Unit 21602 APO AE 09703-1602 JFC Brunssum, Bldg H-603	DSN: 314-597-4260/4261 CIV: 045-597-4260/4261 CIV: +31(0)45-534-0260/0261	usarmy.rsobenelux@mail.mil
ITALY			
USAG Italy	Unit 31401 APO AE 09630-1401 Caserma Ederle, Bldg 305	DSN: 314-634-6459 CIV: 0444-71-6459	usarmy.rsoitaly@mail.mil

