20091031 Retiree News Happy Halloween

1. <u>The Promise</u>. Retiree News will contain information about benefits, National Guard events, and news about current, former, and retired members. There will be no chain e-mail, cute pictures, or sales pitches. Publication of Retiree News is on a random schedule – as topics come up and time permits. If you change your mind about receiving issues of Retiree News, send an e-mail at retireenews@hawaiiantel.net and you will be off the Retiree News mailing list.

2. Business.

- The New 154th Wing Commander. As this issue of **Retiree News** is sent out, the command has not named the new 154th Wing commander. **Col Joseph Kim** continues doing an outstanding job leading the wing until the commander announcement is made. I will get announcement news out to you as soon as it is made by the command.
- <u>VA expands benefits status for Vietnam veterans</u>. The Veterans Affairs Department said Tuesday it plans to make it easier for Vietnam veterans exposed to the agent orange herbicide who suffer from certain medical conditions to qualify for VA benefits. The conditions are B cell leukemias, Parkinson's disease and ischemic heart disease. The veterans with those conditions under the VA's proposal would have presumptive status, which would make it easier to obtain benefits.

Veterans Affairs Secretary Eric Shinseki made the decision based on findings in a study by the Institute of Medicine, the VA said. It would bring to 15 the number of medical conditions that have presumptive status in connection to Agent Orange exposure. The VA estimates that about 200,000 Vietnam veterans might seek benefits under the proposed change in policy.

Agent Orange was used to defoliate trees to make it easier to see enemy action. The VA estimates that between January 1965 and April 1970, more than 2 million military personnel were potentially exposed to it. (Taken from an Associated Press article, October 14, 2009)

• <u>Army Retires Huey, Vietnam Stalwart</u>. The UH-1 Iroquois helicopter was officially retired in a ceremony held at Fort Myer, Virginia in early October. The ceremony ending a service life of more than 50 years to the Army and close to 40 years in the Army Guard. The helicopter, known to most simply as the Huey, was first manufactured in 1956 and fielded to the Army in 1959. Its distinctive nickname came from the pronunciation of its first Army designation of HU-1 - for helicopter utility - and later models featured the word Huey emblazoned on the pilot's foot pedals. It was also known for its familiar "whoop, whoop" noise while in flight. More than 15,000 of the aircraft were produced with about half of them being flown during the Vietnam War, linking the helicopter and the conflict probably forever.

"The UH-1, more than any other helicopter or any item of equipment, became the symbol of Vietnam," said Maj. Gen. Raymond Carpenter, the acting director of the Army National Guard. The helicopter earned a reputation for being rugged and able to fly after taking many hits from enemy fire. "I can also attest to you that it was not just a machine," said Brig. Gen. Alberto Jimenez, the Assistant Adjutant General for Maryland and the Army Guard's senior aviator. "It became part of us. It was our lives. It was our friend. It was the aircraft that took us in and out of Vietnam, and it was also the aircraft that saved many countless lives as we rushed the wounded and the sick out of the battlefield." The Army Guard first began receiving the aircraft in the early 1970s and, at one time, the number of Hueys in the Guard hovered around 1,500. "The 'whoop,

whoop' of the [aircraft] will remain in our hearts," Jimenez said. "Thank you for a job well done."

• Recall of the Meals -Ready to Eat Shake. The 154th Medical Group's Public Health Officer, Maj Ryan Endo, sent out this e-mail about the recall of the MRE shake. Some retirees may still have a MRE or tow laying around their homes. Please read on if you do...

----Original Message-----

From: Wahinekapu Dawn SMSgt 154 MDG/SGHNS

Sent: Friday, October 23, 2009 4:58 PM

To: ALL HIANG

Subject: RECALL OF MRE SHAKE MIX

Importance: High

Forwarding for 154 MDG Public Health Officer: Please take immediate action as required below.

Pursuant to a recall from Defense Supply Center Philadephia, DAIRYSHAKE POWDER in MREs with a date of pack from 1 January 2006 to 30 June 2009 should be removed from the MRE bag and destroyed or disposed. We are checking all MREs in stock. However, many of our personnel have MREs stored in their homes. Individuals who have MREs stored at home need to REMOVE all shake mixes from the affected lots. For any questions if you have an affected lot, please got to the attached website. (See bottom of e-mail)

During an FDA inspection of the facility that produces the dairyshake powder, equipment was found to contain Salmonella.

ALFOODACT 130-2009. Do Not Consume MRE and UGR-E Dairy Shake powder, Fortified with Calcium and Vitamin D until further notice. Date Issued: June 26, 2009.

ALFOODACT 131-2009 Update to and Expansion of ALFOODACT 130-2009 Do Not Consume MRE and UGR-E Dairy Shake powder. Date Issued: July 01, 2009

Affected products:

MRE, UGR-E, and TOTM meals, as specified below, containing: Dairyshake Powder, Chocolate, Fortified with Calcium and Vitamin D Dairyshake Powder, Vanilla, Fortified with Calcium and Vitamin D Dairyshake Powder, Strawberry, Fortified with Calcium and Vitamin D Dairyshake Powder, Strawberry-Banana, Fortified with Calcium and Vitamin D all MRE

Dairyshakes assembled from 1 January 2006 to 30 June 2009 to ensure the safety of war fighters and other customers around the world

MEALS, READY-TO-EAT, INDIVIDUAL (MRE):

Ameriqual Packaging, Evansville, IN 47710. NSN 8970-00-149-1094. Meals, Ready-to-Eat, Individual. All Contract Numbers.

SOPAKO Packaging, Mullins, SC 29574-1047. NSN 8970-00-149-1094.

Meals, Ready-to-Eat, Individual. All Contract Numbers.

The Wornick Company, Cincinnati, OH 45242. (Affected lots may also have address as McAllen, TX) NSN 8970-00-149-1094. Meals, Ready-to-Eat, Individual.

All Contract Numbers.

Dates of pack (DOP)/lot numbers of, and including, 9140 and newer do not contain the potentially adulterated Dairyshakes and are safe to consume.

DSCP has established an "OPERATIONAL RATIONS, DAIRYSHAKE POWDER, INFORMATION PAGE" http://www.dscp.dla.mil/subs/fso/alfood/dairyshake.asp to post assemblers' dates of pack (DOP)/lot numbers that ARE NOT AFFECTED by the do not consume order.

Links to the web page are also available on the DSCP Subsistence Main Page http://www.dscp.dla.mil/subs/index.asp and the DSCP Food Safety Office Main Page http://www.dscp.dla.mil/subs/fso/index.asp and the DSCP Food Safety Office Main Page http://www.dscp.dla.mil/subs/fso/index.asp and the DSCP Food Safety Office Main Page http://www.dscp.dla.mil/subs/fso/index.asp DSCP encourages Services/Agencies to establish links to this site to increase dissemination of information.

Ryan S. Endo, Maj, BSC, HIANG Public Health Officer

• <u>Stop Loss Compensation Pay</u>. Current and former servicemembers who were involuntarily held on active duty beyond an approved separation or retirement date as a direct result of stop loss from September 11, 2001 - September 30, 2009, may be eligible for a Retroactive Stop Loss Special Pay compensation of \$500 for each month they were affected. To make a claim, eligible active, retired and former servicemembers, or legally designated beneficiaries, must provide documented proof they were stop lossed with their claim. Family members of deceased service members should contact the appropriate military service for assistance in filing their claim.

The following is an American Forces Press Service article issued on October 22, 2009.

The Defense Department will implement a new program this week to compensate former and current servicemembers for each month they involuntarily served from Sept. 11, 2001 to Sept. 30, 2009, a defense official said.

Congress approved an appropriation bill last summer, giving the department \$534 million over the next year for an estimated 185,000 servicemembers affected by the "Stop Loss" authority since 9/11, said Sam Retherford, director for the department's officer and enlisted personnel management office.

In an interview with the Pentagon Channel and American Forces Press Service, Retherford explained that qualified servicemembers will receive \$500 for each month served past their contracted end-of-service, resignation or retirement date.

"Stop Loss is very difficult," he said. "Members have obligations and have intended periods of service, then they have plans for themselves and their families afterward. So we're doing everything we can to discontinue the use of this authority and compensate our members."

Survivors of servicemembers killed in combat or who died after their service will be allowed to make claims. Retherford said those families are entitled to the compensation and shouldn't be forgotten. "We've asked the services to go out there and identify those who've passed away subsequent to their military service or in the conflict," he said.

Those seeking claims have until Oct. 20, 2010 to do so. The services were directed to develop their own online application process and Web sites defining criteria, as well as their systems for seeking out those who qualify and may have lost contact with their service, he said.

Servicemembers must have been discharged honorably, and have sufficient documents proving their case. Servicemembers who were affected by Stop Loss, but later decided to extend or reenlist also qualify.

"You'll have to submit documentation to show that you were Stop Lossed -- certificate of discharge, separation orders, retirement orders, memoranda from previous commanders or organizations," Retherford said. "Even if you don't have all the correct documentation, we encourage you to submit and articulate the claim, because the service may have the documentation."

The process shouldn't be difficult for most applying for claims. The military departments will verify eligibility to the Defense Finance and Accounting Service. "So all the work will be done right up front," Retherford said. "All DFAS will have to do is issue payment."

For those who don't have documents and believe they should qualify, the department included a provision in the policy memorandum that allows them to make their case through a memo from their former chain of command.

Locating former servicemembers and survivors is the most challenging aspect of the program, Retherford said, and the program was designed with that in mind. The department tasks each service to develop its own initiatives to seek out those who qualify.

"Getting the word out is our No. 1 challenge," Retherford said. "Many are former members. Many have no obligation to the military anymore and are scattered across the world right now. Getting the word out for people to solicit the claim is our first challenge."

The retroactive special pay isn't an official end to the Stop Loss authority, but the department plans to phase out its use in fiscal 2011. The department retains the authority in case of a national emergency.

"In this case, we've been frustrated in our attempts to minimize Stop Loss because of the persistent and dynamic nature of the conflict," Retherford said. "The secretary of defense has already established a plan, and we've reduced Stop Loss significantly."

Stop Loss contact information:

- --- Army: Visit https://www.stoplosspay.army.mil or email RetroStopLossPay@CONUS.Army.Mil
- --- Navy: Email NXAG N132C@navy.mil
- --- Marine Corps: Visit: https://www.manpower.usmc.mil/stoploss or email stoploss@usmc.mil

--- Air Force: Visit: http://www.afpc.randolph.af.mil/stoploss/

- No fees on new commissary gift certificates. Just in time for the holidays, commissary officials have launched a new gift certificate program that will be administered internally, eliminating the need to charge customers extra for the certificates. Officials had searched for an alternative after the previous gift certificate program abruptly ended when the company CertifiChecks Inc. went out of business February 26, 2009, leaving customers holding worthless gift certificates. These new "gift vouchers," in \$25 denominations, are available at customer service areas, cash offices and full-service checkout lanes. They're in most commissaries already, said Defense Commissary Agency spokesman Kevin Robinson, but should be at all stores no later than the week of October 26. 2009. Unlike CertifiChecks, which tacked on a \$4.95 fee that went to the company, these gift vouchers do not require any extra fee. Anyone can buy the gift vouchers, but only those with commissary privileges can redeem them. Those who do not have commissary privileges can go to customer service areas inside the stores to buy the gift vouchers. (Taken from a Military Times article)
- 50th Anniversary of the Rank of Chief Master Sergeant. "The Golden Anniversary of the Rank of Chief Master Sergeant" will be observed December 1, 2009. There will be a dinner at the National Museum of the United States Air Force, at Wright-Patterson AFB, Dayton, Ohio honoring all current and past chiefs.

Although the Air Force had been an independent service since 1947, the rank of Chief Master Sergeant did not come into being until the authorization of the Military Pay Act of 1958. This act established the pay grades of E-8 and E-9, but the act did not specify titles for those pay grades. In late 1958, the Air Force selected the title of Chief Master Sergeant and the accompanying rank insignia.

The original Chief Master Sergeant rank insignia (1958-1994) consisted of 2 chevrons on top, 3 stripes in the middle, and 3 rockers on bottom. The rank was introduced into the Air Force on December 1, 1959. At one time, by Federal law, only one percent of the Air Force enlisted population may hold this rank.

- <u>Rules of Engagement (ROE)</u>. Periodically, someone e-mails me requesting the e-mail address of another retiree. I forward the e-mail with the address request to the retiree for their action. This preserves the privacy of the retiree and their e-mail address.
- <u>Disclaimer</u>. The views and opinions expressed in **Retiree News** are those of the editor and do not represent official policy of The Adjutant General or the State Department of Defense.
- **3.** <u>The Wanted List</u>. Help! Retiree News is looking for these Hawai'i National Guard members e-mail addresses or their addresses on file for them no longer works. E-mail their addresses to retireenews@hawaiiantel.net if you can share them.

Norman Chang
Chris Wilson
Randy Solomon
Tom Gresch
Wayne Z. Higa
Russell Woodward
Byron Kim
Steve Ware
Katherine Asato
Edward Uyeda

Following are the new or updated e-mail addresses sent in by the individuals or **Retiree News** readers – Mahalo for adding or updating your e-mail address.

Bill Gore

Athena (Atiz) Benevides (update)

The address total just passed 1150+ members. Be sure to ask your fellow retirees that you meet if they receive **Retiree News**. If not, send their e-mail address to retireenews@hawaiiantel.net. Mahalo for your support!

4. <u>Condolences.</u> These Hawai'i National Guard retirees passed away recently. They all served honorably and added something to our unique culture here in the Guard. Aloha Pumehana to all....

William Toribio, 59, of Ewa Beach, died Aug 28, 2009. Born in Kohala, Hawaii. U.S. Air Force veteran; served in the Hawai'i Air National Guard, a porter with Paradise SkyCab. Survived by daughter, Vanessa; brother, Alex; sisters, Nancy, Lilian and Barbara.

Gaylen "Cowboy" Benanua passed away on Wednesday October 14, 2009. His passing was from the injuries he sustained from a motorcycle accident on Sunday October 11, 2009. Cowboy served in the Hawai'i Air National Guard as a fighter crew chief during the F-102 Deuce, F-4 Phantom, and a little bit of the F-15 Eagle era.

His services are set:

Saturday, November 14, 2009, 0900-1200 Church of Jesus Christ of Latter Day Saints Halawa Ward Chapel 99-641 Pohue St. Aiea, Hawaii 96701

Cowboy's relatives in the Guard: Nephew to: **COL John Naumu**, **Jr.** (Ret-Deceased) USP&FO; Cousin to: **MSgt Jan Naumu DeRego** 154th Logistics Readiness Sq., **MSgt Shawna Gaskins** 154th Maintenance Sq., **MSgt Norton Malina** 169th Aircraft Control *& Warning Sq., **TSgt Alvin Naumu** (Ret) 154th Logistics Readiness Sq., and **SSgt Hiram Naumu** (Ret) 154th Security forces Sq.

Virgasun Auloa Sordillia, Sr., 78, of Wahiawa, died Oct. 17, 2009. Born in Hilo, Hawaii. U.S. Army veteran; retired from the Hawai'i Army National Guard. Survived by wife, Leilani; sons, Virgasun Jr. and Gene; daughters, Shyla Funaro and Faelyn Paahana; 10 grandchildren; five great-grandchildren; brother, Roseman; sister, Victoria Santiago.

5. Retiree Update.

• New Maintenance Commanders Announced. Col Ronald Han, the 154th Maintenance Group commander sent out the following e-mail announcing the new commanders for the 154th Aircraft Maintenance Squadron and the 154th Maintenance Squadron. Congratulations to Sumo and Duke!

----Original Message-----

Sent: Thursday, October 22, 2009 2:30 PM

To: ALL HIANG

Subject: Announcement of 154th MXG Commanders

On behalf of the State Adjutant General, the Commander of the Hawai'i Air National Guard, and the 154th Wing Commander, it is our pleasure to announce that Lt Col Jeffrey "Sumo" Namihira has been selected and has accepted the position of Commander of the 154th Aircraft Maintenance Squadron. After garnering accolades as the Commander of the 154th Operations Support Flight and as the present Commander of the 199th Fighter Squadron, Lt Col Namihira takes the reigns of his third command opportunity in the second largest squadron in the HIANG. Sumo is a proven leader who started his career as an avionics journeyman in the 154th Consolidated Aircraft Maintenance Squadron and continues to fly in the commercial aircraft industry.

Additionally, Lt Col Duke Ota, the current Commander of the 154th AMXS, will now move on to take command of the 154th Maintenance Squadron. This will be Lt Col Ota's second command opportunity in the largest squadron in the HIANG. Duke has excelled in his current position and is a catalyst in our current and future total force integration initiatives.

Tentative change of command date: December 2009 Saturday UTA - more info to follow.

Once again, please join me in congratulating these dedicated professionals on their new appointments.

Ron Han

Send congratulatory e-mail: <u>jeffrey.namihira@hihick.ang.af.mil</u> duke.ota@hihick.ang.af.mil

- Wes Kim Retires. MSG Wesley Kim retires this month with more than 36 years of service. Wes was honored by his friends and co-workers at a luncheon at the Kapolei Golf Course Restaurant on Friday, October 16, 2009. Among the luncheon speakers was MG Robert Lee, the Adjutant General. He recounted his early "encounters" with Wes when he was a young officer. A great party for Wes put on by the G1 staff!
- <u>First 199th Fighter Squadron pilot off to F-22 Raptor training.</u> Lt Col Christopher "Frenchy" Faurot, the 154th Wing's F-22 integration project officer is off to F-22 training. Read the Honolulu Start Bulletin article at: http://www.starbulletin.com/news/20091021_Pilot_begins_training_while_Raptors_awaited.html

The F-15 Eagle era for the 199th Fighter Squadron and the 154th Wing is quickly coming to a close. Ah, the memories....

- <u>HIARNG Support the PACOM Change of Command</u>. The Hawai'i Army National Guard supported the recent Pacific Command change of command. The 1st Battalion, 487th Field Artillery provided the 105mm Howitzers for the cannon salute. Several members of the 111th Army Band were part of the combined band that played at the ceremony. Another Super job by the HIARNG in the joint environment!
- <u>In the current issue of **Mālamalama**</u>, the University of Hawaii Foundation's publication are two familiar names.

Shirley Raguindin (BS '86 Manoa) was awarded the Adjutant General's Medal by the Arizona National Guard at the National Guard Association meeting in Tucson, Arizona. She is a

lieutenant colonel in the Arizona Air National Guard who was born and raised in Hawai'i. She works in the Arizona National Guard's Human Resources Office.

David Lusk (JD '04 Manoa) joined Euclid University Consortium's John Jay School of Diplomacy and International Affairs and John Locke School of Business and Economics as an adjunct professor. He recently left his full-time position as the labor relations specialist at the Human Resources Office (HRO) to go into private practice. He remains a M-Day soldier in the Hawai'i Army National Guard.

- <u>Still a Recruiter</u>. RecentlyI ran into **Ricky Tucay**, who served as a HIANG recruiter from many years. He still is a recruiter of sorts now the Assistant Admissions Officer at Heald College. He mentioned that the new GI Bill could pay for tuition at Heald College! Great to see Ricky!
- **6. Upcoming Events.** Events listed are by the event date.
- <u>Save the Date the Hawai'i National Guard Birthday Ball</u>. This year's birthday ball is on Saturday, December 12, 2009 at the Pavilion Ballroom, J.W. Marriott Ihilani Resort and Spa in Kapolei. This joint event celebrates the 373rd Birthday of our National Guard's beginnings.

The Ihilani is located at 92-1001 Olani St., Ko'Olina, Hawai'i. Check out the Ihilani website at www.ihilani.com.

Dinner selections include:

- --- Grilled Filet of Beef with Lyonnaise Potatoes and Red Wine Demi Sauce
- --- Pan Roasted Salmon with Lyonnaise Potatoes and Dill Saffron Sauce
- --- Lemon Rosemary Grilled Chicken Breast with Lyonnaise Potatoes, Mushroom & Artichoke Ragout
- --- Open Face Portobello Mushroom Lasagna (vegetarian entrée)

Birthday Ball dinner prices were reduced by fundraisers, and reductions for lower grade Guard members. Guest costs are at the same rate as member/retiree. Checks payable to: HING Birthday Ball. Please indicate what your meal selection is when you submit your check. The planning committee also needs the name of your spouse/guest and their meal selection. RSVP deadline: Friday, November 13, 2009.

Dinner Costs:

--- E1-E4: \$40.00 --- E5-E7: \$52.00

--- E8-E9 / O1-O3: \$65.00 --- O4 and above: \$75.00 --- Retirees: \$60.00

Birthday Ball attire:

--- Military: Best Dress

--- Civilian: Coat & Tie / Formal dress

Points of contact:

--- HHD-JFHQ: CW3 Tracy M. Tobias 844-6422, tracy.tobias@us.army.mil

--- RRD: **SSG Yuan-Jin Yang** 672-1324, <u>Yuan-Jin.Yang@us.army.mil</u>

--- 93d CST: SSG Belinda Parraz 844-6508, belinda.parraz@us.army.mil

- --- MEDCOM: MAJ Robert Hill 808-357-5311, Robert.g.hill@us.army.mil
- --- 29th IBCT: **1SG Dana Wingad** 844-6034, <u>dana.wingad@us.army.mil</u>
- --- 103d Troop Command: MAJ Barbara Tucker 672-1759, Barbara.tucker@us.army.mil
- --- 298th RTI: SFC Edy Pagala 672-1805, edy.pagala@us.army.mil
- --- HIANG: Lt Col Mervin Oyafuso 448-7270, mervin.oyafuso@hihick.ang.af.mil
- --- Retirees: Galen Yoshimoto 672-1221, galen.yoshimoto@us.army.mil

The J.W. Marriott Ihilani Resort and Spa will offer a \$177.00 (plus applicable state and local taxes) per night rate for Birthday Ball attendees. The rate is good three days before and after the ball date. Hotel's room rates are for single or double occupancy and subject to applicable state and local taxes (currently 12.962%) in effect at the time of check-in. Maximum room occupancy is three (3) persons. Charges for a third person are \$50.00 per person per night, no additional charge for children (18 years old and under) when accompanied by a paying adult. Call (808) 679-0079 for reservations.

There is also a special golf rate the day before and after the ball. Contact Lt Col Duke Ota: 221-4904, duke.ota@hihick.ang.af.mil

The event chairs is **BG Gary Hara** and **Brig Gen Stanley Osserman**. Division OPRS are: HIARNG POC: **LTC Laura Soares**, 672-1321, <u>laura.soares@us.army.mil</u>
HIANG POC: **Lt Col Peter Ching**, 448-8331, <u>peter.ching@hihick.ang.af.mil</u>

7. Website Links.

• <u>The October issue of the 154th Wing's newspaper, the **Kuka'ilimoku**, is on the Hawaii State Department of Defense's website. Go to http://hawaii.gov/dod/hiang/kukailimoku/2009-kukailimoku/2009-kukailimoku%20Oct%202009.pdf/view. If the link does not work, copy it to your internet browser.</u>

Since taking over several years ago, **TSgt Betty Squatrito-Martin** has done an outstanding job on the **Kuka'ilimoku**. The quality and content of each issue has improved vastly. Send congratulatory e-mail: betty.squatrito@hihick.ang.af.mil

• The State Department of Defense's newspaper, the **pupukahi**, is online. The **pupukahi** has gone totally electronic. The link to the current issue is www.hawaii.gov/dod - the **pupukahi** link is listed under the "What's New?" section. A super job by the **pupukahi** staff: **Lt Col Charles Anthony**, **CPT Jeffrey Hickman** and **Steven Lum** (HIARNG retiree).

Send congratulatory e-mail: charles.anthony@hihick.ang.af.mil jeff.hickman@us.army.mil

Past issues from 1997 through 2008 are posted on the website. The link is: http://hawaii.gov/dod/staff-offices/public-affairs/pupukahi. If the link does not work, copy it to your internet browser.

• <u>The Current Issue of **Kukini** is Online</u>. The Hickam AFB newspaper, the **Kukini**, is online at http://www2.hickam.af.mil/library/hickamkukini/index.asp. If the link does not work, copy it to your internet browser.

- The November Issue of **Soldiers** Magazine is Online. To view the current issue of **Soldiers**, the official U.S. Army magazine, just log on to: http://www.army.mil/soldiers/. You can view back issues (electronic issues only) by clicking on "back issues" on the scroll bar when you get to the website referenced. If the link does not work, copy it to your internet browser.
- <u>The September-October 2009 Issue of **Airman Magazine** is Online</u>. To view the current issue of **Airman Magazine**, just log on to: http://www.airmanonline.af.mil/. If the link does not work, copy it to your internet browser. You can view back issues (electronic issues only) by clicking on "back issues" on the scroll bar when you get to the website referenced.
- Federal Benefits for Veterans. The 2009 Edition of VA's Federal Benefits for Veterans, Dependents and Survivors booklet is available online. The booklet provides the rates for certain federal payments and outlines many programs and services provided by VA and other federal agencies. It also includes toll-free phone numbers, Internet addresses and a directory of VA facilities throughout the country. http://www1.va.gov/opa/vadocs/fedben.pdf. If the link does not work, copy it to your internet browser.