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Misawa AB Retiree Activities Office Newsletter

ACKNOWLEDGEMENT

Articles appearing in this newsletter are compiled from local sources, newsletters received by the RAO, and from other military sources. Information has been edited and reprinted for the benefit of our retiree population. Absolutely no commercial gain is derived from this publication. Our appreciation is extended to those agencies and newsletter sources. Opinions expressed in this publication are those of the authors and do not necessarily reflect the official policy of any agency of the U.S. Government.

Compensation

Public Disability Benefits Questionnaires (DBQ)

DBQs help collect necessary medical information to process your VA disability claims. You can use these forms to submit medical evidence from your health care providers. This information helps to support your claims for disability benefits. Your health care provider fills out and submits the appropriate forms for your claimed conditions.

The VA does not pay or reimburse any expenses or costs incurred while completing and/or submitting DBQs.

In most instances, you're entitled to a no cost disability examination by the VA. In some instances, we may determine an additional disability examination is required to complete the claim. If an exam is scheduled, you must report for the examination.

Elizabeth Dole 21st Century Veterans Healthcare and Benefits Improvement Act of 2025 requires Medical Disability Examination (MDE) contractors to provide completed DBQs in a PDF format. VA uses a standardized data exchange framework to simplify the electronic sharing of DBQs between approved users. This framework guarantees that MDE contractors, VA employees, and other stakeholders can seamlessly exchange information and evidence related to a veteran's claim.

The new DBQ Portal Implementation Plan, provided under Section 306(b) of the Elizabeth Dole Act, describes VA's proposed system and process updates to allow non-VA healthcare providers to submit medical documents to VA in a digital format. The

plan is in the early stages of implementation and may be subject to revisions.

Separation Health Assessment DBQ

If filing through a Benefits Delivery at Discharge or Integrated Disability Evaluation System, you must complete the Separation Health Assessment DBQ - Part A.

- [Separation Health Assessment DBQ - Part A](#)
- [Guidance for Separation Health Assessment DBQ - Part A](#)

All clinician information blocks at the bottom of the forms must be completed. Also, the clinician filling out the form must sign and date it. We reserve the right to confirm the authenticity of all DBQs. Information is subject to verification through computer matching programs with other agencies or any other means deemed appropriate.

Cardiovascular

- [Artery and Vein Conditions](#)
- [Heart Conditions](#)
- [Hypertension](#)

If you are having any difficulty opening any file on this page, please right click on the link, choose "save link as," download to your computer, then open the file from your computer. After completing the document, print to PDF before electronically uploading.

For much more information about DBQs for other medical issues go to (https://www.benefits.va.gov/compensation/dbq_publicdbqs.asp?utm_medium=email&utm_source=govdelivery)

Courtesy of [benefits.VA.gov/compensation](https://www.benefits.va.gov/compensation)



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Inside this issue:

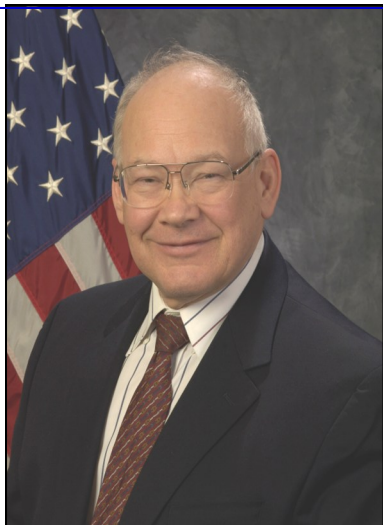
Veterans Admin	1
Publisher Gone ?	2
Consumer Protection	3
Veterans Admin	4
Veterans Admin	5
Veterans Admin / Consumer Protection	6
Veterans Admin	7
Japan Residence Fees	8
Recurring Information	9
アメリカの年金を日本の 銀行へ	10
Still Serving	11
RAO & MMRA Info	12



**SERVING THE RETIRED MILITARY
COMMUNITY IN NORTHERN JAPAN**



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Publisher Going Away?

The Misawa Air Base Retiree Activities Office newsletter may be done in Microsoft Publisher. As of 1 October 2026, Publisher will no longer be available commercially. Microsoft is removing the program from its Office suite and will no longer support it, however, this may not apply to the Air Force's government contract with Microsoft. So, the challenge is on to do the next issue of this newsletter in Word and Publisher.

Just a heads-up. If Publisher continues to be available the next newsletter will look just like this one. If not and I have to use Word then it won't look too much this one at all. And while it may not be as pretty, it will still contain the same kind of information as it always has.

Lee Martin



Consumer Protection

How to Spot a CAPTCHA Scam

The FTC is getting reports about a new phishing scam that looks a lot like the CAPTCHA requests you might be used to seeing. Real CAPTCHAs give you image- or text-based tasks to prove you're not a robot — something like typing letters and numbers exactly as they appear, or matching pictures of things like fire hydrants or traffic lights. Here's how the fake CAPTCHA requests happen and how you could wind up installing malware on your own device.

You get an unexpected CAPTCHA request while browsing a website. The screen looks a lot like a regular CAPTCHA, asking you to verify you're human. But the message says to type a series of commands — something like "Windows + R," then "Ctrl + V," and then "Enter".

The screen might say "security verification," but you're actually following the steps to paste and run hidden malware on your device. Once it's there, scammers can quickly steal your email account login data, mobile banking credentials, or any other information they can get access to.

Real CAPTCHAs won't ask you to run commands on your device. If you notice something downloading to your

device after responding to a CAPTCHA, act quickly to remove the malware and protect yourself:

Disconnect from the internet. This stops scammers from accessing your online shopping or banking accounts.

Run a security scan to remove the malware. Keep your software and apps up to date to catch viruses.

Change your passwords and enable two-factor authentication (using a different device) in case the malware already gave a hacker access to your accounts.

If you spot a CAPTCHA or pop-up that you think is trying to spread malware, report it to the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud).

Malware: How to Protect Against, Detect and Remove it

Malware is one of the biggest threats to the security of your computer, tablet, phone and other devices. Learn how to protect yourself, how to tell if your device has malware, and how to remove it.

What is Malware: Malware is harmful software that is installed on your device without your knowledge. Viruses, spyware and ransomware are common types of malware.

Criminals use malware to steal your personal information, like your usernames and passwords, bank account numbers or Social Security numbers. If you think someone stole your information, visit [identitytheft.gov](https://www.identitytheft.gov) to report it and get a per-

sonalized recovery plan with steps to take next.

Protect Against Malware:

Use security software. To protect your computer from malware and other threats, use security software. Update it regularly, or set it to update automatically, for the most up to date protection. And set it to automatically scan new files on your device.

If you don't have security software on your device, download it. Find recommendations from independent review sites by doing a search online. Also ask friends and family for recommendations

Recognize Common Threats

Scammers send deceptive phishing emails that trick you into clicking on a link or opening an attachment that downloads malware. Don't click on a link in an unexpected email. Instead, contact the company using a phone number or website you know is real. Scammers create fake security warnings that tell you to call a phone number for tech support. If you call, they ask you for remote access to your computer, run a fake diagnostic test, then charge you to fix a problem that doesn't exist. Never call a phone number that appears in a pop-up window.

Avoid risks Avoid things that might expose you to malware, i.e.

- Don't use unfamiliar websites to download free stuff like music, movies or games
- Don't download content through peer-to-peer file sharing sites.
- Use an antivirus program to scan USB and other external drives,

Courtesy of MilitaryConsumer.gov



Veterans Administration

Warrior Rising

A free course from Warrior Rising helps service-disabled veterans explore business ownership.

Thinking about starting a business but not sure if it is the right move? A free, 4-hour virtual course from Warrior Rising (<https://warriorrising.org/>) helps service-disabled Veterans find out.

You've probably heard that there are benefits and resources available for Veteran entrepreneurs. Knowing where to start is a different problem. What do you build? Is your idea viable? Do you need a plan, a degree or funding before you can take the first step?

Many Veterans get stuck on these questions before they begin. Benefits alone are not the path to a successful business. The right opportunity is.

That is why Warrior Rising created Service-Disabled Veteran (SDVET) Launch Point, a free virtual course in partnership with the Small Business Administration. It's built exclusively for service-disabled Veterans who are ready to explore business ownership. You can go to <https://warriorrising.org/launchpoint/> to access the site.

What is SDVET Launch Point?

SDVET is an on-ramp: a no-pressure, single-session introduction to entrepreneurship that helps you turn the leadership skills you already have into something of

your own.

In four hours, Warrior Rising helps you connect the dots between:

- What you are interested in
- What you are skilled at
- What you are passionate about
- How these elements can become a viable business opportunity using available resources.

Whether you're just exploring the idea or already running a business and testing a new direction, Launch Point provides structure and a community of fellow Veterans who understand the mission.

The course is free and serves as a gateway to Warrior Rising's full program track, including Warrior Academy, Warrior University and the Business Shower pitch competitions.

Course Details

- Course name: SDVET Launch Point
- Next session?
- Format: 4 hour virtual session
- Location: Live on Zoom
- Cost: free

Who Can Apply

To be eligible for SDVET launch Point, applicants must:

- Be a U.S. military veteran or an immediate family member of a qualifying veteran
- Have a service-connected disability rating (any percentage accepted.)
- Be in the idea or early stage of building a business or be a current business owner exploring a new direction.
- Be ready to learn, build and take

action.

- Spouses and immediate family members of qualifying veterans may apply with appropriate documentation.

Verification requires a current VA disability letter showing a rating.

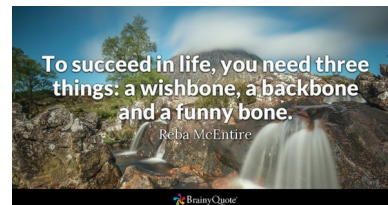
To apply, go to <https://forms.monday.com/forms/eb4e08e421e1d2e3130792c6147a4827?r=use1>

Registration for future sessions opens regularly. Thousands of veterans have already taken the first step.

About Warrior Rising

Warrior Rising is a 501(c)(3) nonprofit built by Veterans for Veterans. Since 2015, it has supported more than 30,000 military-connected entrepreneurs through training, coaching and community, and has helped create and fund more than 100 Veteran-owned businesses.

Editor's note: Sharing of non-VA information does not constitute an endorsement of products or services by the Department of Veterans Affairs. Veterans should always verify information with the organization offering the program.



Courtesy of news.va.gov



Veterans' Administration

How to Request Your VA Health Records

A step-by-step guide

A clear path to accessing your VA health records.

Understanding how to access service and health records and how to navigate the release of information (ROI) process is important for many Veterans as they manage their care. Veterans have the right to request copies of their VA health information, whether they need to review past appointments, share information with another provider or keep personal records. The Veterans Health Administration (VHA) helps make this possible.

When the process is clear, Veterans are less likely to experience delays in receiving their records. Clear instructions help ensure requests are sent to the correct VA office so staff can process them efficiently while protecting Veterans' privacy and health information.

Veterans can access their records through My HealtheVet (<https://news.va.gov/?s=My+HealtheVet+>) or follow the ROI submission process. Third-party requesters must use the ROI submission process.

Use My HealtheVet

Veterans can access their account (<https://www.va.gov/health-care/manage-health/>) to download many of their personal records.

Four steps to submit a request to VA health facilities

Third-party requesters or veterans who need to submit a formal request to a VA health facility, follow these steps:

1. Download the appropriate form
 - Veterans—Download and print VA Form 10-

5345a (<https://www.va.gov/forms/10-5345a/>) "Individuals Request for a Copy of Their Own Health Information."

- Third-party requesters: Download and print VA form 10-5345, (<https://www.va.gov/forms/10-5345/>) "Request for an Authorization to Release Health Information".
2. Locate "Release of Information Offices"
 - Visit Find VA Locations website (<https://www.va.gov/find-locations>) to view RIO offices with addresses, phone numbers and fax numbers.
 - Enter your location and select "VA Health" from the Facility Type menu to search for a nearby Department of Veterans Affairs (VA) medical centers and clinics. Then, select "Search" to view your results.
3. Find your ROI office contact information.
 - Find the ROI facility where care was received.
 - In the "On this page" menu, select "Other Services".
 - Choose "Access your health records" to view the medical records office contact details.
4. Submit your request
 - Select the option to submit your request, whether in person, by mail or fax.
 - In person. Veterans bring a completed VA form 10-5345a and a

valid ID of veterans Health Identification Card to the ROI office at the VA facility where you received the care.

- Third-party requesters bring a completed VA form 10-5345 and a valid ID to the ROI office at the VA facility where the veteran received care.
- By mail or fax Veterans send the completed VA Form 10-5345a to the ROI office at the VA facility where you received the care
- Third-party requester send the completed VA Form 10-5345 to the ROI office at the VA facility where the veteran received care.

Typical Response Times

Most requests are completed within 30 days. Times may vary depending on the complexity of the request, record availability and workload.

A clear process for best results. Access to personal health records is both a right and an important part of staying engaged in care. Clear instructions for accessing records help vets take an active role in managing their health care.

Courtesy of news.va.gov



Consumer Protection / Veterans Administration

Fraud Alert: Beware the “Veterans Savings Program” Postcard Scam.

There is a new [scam](#) targeting Veterans. The latest tactic involves sending fraudulent postcards claiming you (or your spouse) are entitled to “extra VA benefits” or additional payments, including CHAMPVA, TRICARE, and dental coverage, regardless of a VA disability rating. Don’t fall for it.

These scammers claim to be affiliated with VA. They might instill a sense of urgency, pressuring you to contact them as soon as possible, or within five days. Their goal is to get you to call the number provided. Once you do, they will often use flattery and praise regarding your military service to gain trust. The scammer will attempt to obtain personal identifying information like your Social Security Number, bank account details or other sensitive information.

Never give this information over the phone or on the internet.

VA is monitoring the situation and urges you to remain vigilant against these fraudulent attempts to steal personal identifying information. You can help stop them:

- Refuse to engage
- Do not call unverified numbers
- Hang up immediately if you are contacted by unsolicited numbers.

Common Scam Tactics

- Unsolicited postcards, emails, texts or social media messages. Scammers will send communication claiming you qualify for extra VA benefits.
- Fake authority on calls or emails. Scammers may pretend to be VA officials and claim there is a problem with your benefits or account.
- Phishing attacks. Scammers may send emails or text messages that appear legitimate but are designed to steal personal information through malicious links or attachments.
- Payment requests. Scammers might demand payment using unconventional and untraceable payment methods,

such as gift cards, wire transfers, bitcoin, or prepaid debit cards.

- Social media interactions. Scammers may try to build trust through social media messages or friend requests, only to exploit that trust for their own financial gain.

How to protect yourself.

- Never share any personal or financial information with unverified contacts.
- Don’t act on urgent requests from people you don’t know. Legitimate VA communications will not pressure you to respond immediately or provide sensitive information.
- If you receive a suspicious postcard, email, text or call, do not call the number provided or click on any links..
- Always verify the sender’s identity, when in doubt, call VA directly at 1-800-827-1000.
- Be cautious on social media. Ignore friend requests or messages from people you don’t know or recognize.

If something seems wrong

If you miss a VA benefits payment, notice a discrepancy or suspect suspicious activity with your direct deposit, contact VA right away at 1-800-827-1000.

If you suspect you have experienced fraud, you can find out more and report to the appropriate agency at [VSAFE.gov](https://vsa.gov) or by calling 1-833-38V-SAFE.

Don’t fall for these scams!

Staying vigilant and recognizing the warning signs is the best way to keep your personal information safe. For more information on how to protect yourself, visit VBAs fraud prevention hotline at <https://benefits.va.gov/BENEFITS/fraud-prevention.asp>.

Your information and your benefits are valuable. Let’s work together to outsmart scammers and keep your hard-earned benefits secure.

Courtesy of militaryconsumer.gov

VET TEC 2.0

Veteran Employment Through Educa-

tion Courses 2.0 (VET TEC 2.0) is a program that helps eligible veterans and active-duty service members develop skills to start or advance their career in a high-tech industry. Find out what types of training you can get through this program.

What types of training does VET TEC 2.0 cover?

You can get training in these high-demand areas:

- Computer programming
- Computer software
- Data processing
- Information sciences
- Media application

Are you eligible for VET TEC 2.0?

You may be eligible if you meet the requirements listed here. 1 of these must be true:

- You are a veteran discharged under conditions other than dishonorable, or
- You are an active-duty service member who is within 180 days of separating from the service.

And you must meet both of these requirements:

- You served at least 36 months on active duty, and
- You are under 62 years old when we approve your application.

What training providers currently have programs approved for VET TEC 2.0?

Preferred Providers

- San Diego, CA. ICOHS College (distance learning available)
- Detroit, MI. DSDT College Inc. (distance learning available.)
- Cary, ND: Great Horizons Career Centers
- Colombis, SC. Training Concepts Sterling, VA, Intellectual Point

For more information, additional questions answered and instructions on how to enroll, go to <https://www.va.gov/education/other-va-education-benefits/vet-tec-2/apply-for-program-form-22-10297/introduction>

Access to retiree publications of each service:

Army Echoes: www.armyg1.army.mil/rso/echoes.asp **Navy Shift Colors:** www.shiftcolors.navy.mil

Air Force Afterburner: www.retirees.af.mil/afterburner

Marine Corps Semper Fidelis: www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MM/SR/RET_ACT/SemperFidelis

Coast Guard Evening Colors: <http://www.uscg.mil/hq/cg1/psc/ras>



Veterans Administration - Japan Immigration Changes

TRICARE OPEN SEASON

Each fall, TRICARE Open Season lets you change your health care plan for the next calendar year. Changes you make during this time start on Jan. 1 of the next year.

TRICARE Open Season applies to you if you have or qualify for TRICARE Prime (including the US Family Health Plan and the TRICARE Prime Demo), or TRICARE Select. (Open season doesn't apply to active duty service members.)

Who is eligible for TRICARE Open Season?

TRICARE Open Season applies to you if you have or are eligible for:

- TRICARE Prime options (including the US Family Health Plan <https://tricare.mil/Plans/HealthPlans/USFHP> and the TRICARE Prime Demo <https://tricare.mil/Plans/SpecialPrograms/TRICARE-Prime-Demo>)
- Tricare Select.

TRICARE Open Season does not apply to you if you are:

- An Active Duty service member
- A TRICARE For Life beneficiary
- Enrolled in TRICARE Reserve Select, TRICARE Retired Reserve or TRICARE Young Adult

What Can I Do During TRICARE Open Season?

There are three ways to enroll in a TRICARE health plan or change your plan.

- Online to <https://milconnect.dmdc.osd.mil/milconnect/>
- By phone call your TRICARE regional contractor or designated provider. <https://tricare.mil/PatientResources/ContactUs/CallUs>
- By mail or fax: send an enrollment form to your TRICARE regional contractor or designated provider.

To find step-by-step instructions, contact information and enrollment forms go to "enroll or purchase a plan" at <https://www.tricare.mil/Plans/Enroll>

What happens if I don't make changes during Open Season?

If you are not already in a plan and you don't enroll in one during open season, you will only be eligible for care at a military hospital or clinic. If space is available.

If you are already enrolled in a plan and you don't make changes, you will continue in your current health plan as long as you are eligible.

Outside of TRICARE Open Season, you only can enroll or change enrollment to a TRICARE Prime option or TRICARE Select if you have a TRICARE Qualifying Life Event (<https://www.tricare.mil/lifeevents>).

Japan to Impose Tougher Requirements for permanent residency, report says

Japan plans to tighten its guidelines for acquiring permanent residency as soon as October 1, local media reported, including implementing tough new rules such as a requirement that applicants incomes be higher than the average for Japanese households.

Another change is that applicants will be required to have projected pension benefits equivalent to those the person would receive after 30 years of enrollment in an employees' pension program for the same income level, the Asahi Shinbun reported.

However, applicants will be able to meet that new threshold by making up for the difference with savings and other assets, if the projected pension benefits fall short.

The government is expected to revise the guidelines on Oct 1 and begin applying them to applications submitted starting next April.

Prime Minister Takeichi's administration has implemented a number of tougher immigration related measures, ostensibly to address illegal activities committed by foreign nationals, while also ensuring that foreign residents can support themselves without an over reliance on public assistance in the fu-

ture.

Currently, applicants are required to meet three main requirements in order to maintain an independent livelihood, and the government's determination that the status is in Japan's "best interests"

Those applying must also have resided in Japan for at least a decade, though permanent residency is currently granted to the spouse of a Japanese national or a permanent resident who has been married for at least three years and the spouse has resided in Japan for at least one year.

According to a draft of the revised guidelines, the spouse will need to have been married to a Japanese national for at least five years and have resided in Japan for at least three years.

In judging whether the status is deemed to be in the best interests of Japan, the government plans to set specific criteria, including the applicant's Japanese language abilities and understanding of local rules, Nikkei said.

A negative assessment would be given to an applicant with school age children not enrolled in school

As of the end of last year, 947,126 people held permanent residency status. According to Immigration Services Agency data.

On 24 July, the government solidified plans to establish an experts' working group to examine the country's approach to accepting foreign nationals. This expert panel could also be tasked with creating a cap on the number of foreign residents Japan accepts.

Courtesy of the Japan Times of 26 July 2026.

*See related story on page 8.
Lee Martin*



Japan Residency Fee Changes

Japan plans to sharply raise fees for residence permits starting in October

The government of Japan has unveiled its draft guidelines for fee hikes for foreign nationals applying to change or renew their status of residence, as well as for those seeking permanent residence beginning October first.

In a news briefing, Immigration Service Agency (ISA) officials outlined the new fee structure, which follows the May enactment of an amended immigration law that raised the statutory ceiling on fees for residence permits.

Currently foreign nationals pay ¥6000 (about \$37) when applying in person to change their status of residence or renew their period of stay, while the fee for permanent residence permission is ¥10,000.

Under the new structure, fees will vary depending on the length of the permit.

Those who receive permission to change their status of residence or extend their stay for three months or less will pay ¥10,000 for applications submitted after October 1.

Those granted the longest periods of stay (five years or more) will pay ¥75,000 for in-person applications, or ¥65,000 for online applications. The fee for permanent residence permission will rise to ¥200,000, a twenty-fold increase.

Officials said that the structure is intended to encourage applicants to apply online by setting a price difference of ¥3,000 to ¥10,000 between in-person and online applications. (About \$1,333.00 at 150 yen to the dollar)

ISA officials said the new amounts were calculated by taking into account the actual cost of examining applications as well as that required for the fair management of foreign nationals entry into, departure from and residence in Japan and fees charged by other countries.

In a news conference Friday morning, Justice Minister Hiroshi Hiraguchi said that the government has calculated that the actual procedural cost for a residence permit change amounts to ¥10,000, and that for permanent residence permission, ¥20,000. On average, managing the entry,

departure and residence of one foreign national costs the government ¥20,000 per year. He said.

The agency said that assuming an average fee of ¥30,000 to ¥40,000 per case, and around 2.3 million cases in fiscal 2027 involving the change of residence status or the extension of stay, the annual revenue from these fee hikes can be estimated to total roughly ¥69 billion to ¥92 billion.

Officials say these funds will be used to help with managing the entry, departure and residence of foreign nationals.

The planned amendment will also introduce fee reductions and exemptions for certain groups.

People eligible for reductions must meet two requirements:

- They must be recognized as being in financial hardship, such as circumstances equivalent to requiring protection under the Public Assistance Act.
- They must be seen as requiring humanitarian consideration, including but not limited to being recognized as refugees, victims of human trafficking or those who have or are raising someone with designated intractable diseases or certain disabilities.

For those who qualify for reductions, fees for changing their residential status or extending their stay may be reduced to as little as ¥10,000. Fees for permanent residence permission may be reduced to ¥20,000, meaning the planned ¥200,000 permanent residence fee could be reduced by up to ¥180,000 for those eligible.

However, those applying for permanent residence will be eligible for reductions only in limited cases. In Thursday's briefing, agency officials said that for permanent residence permission, reductions will apply only to the spouses or children of Japanese nationals or permanent residents, and eligibility will be assessed individually based on factors such as assets and residential status.

Exemptions will apply to people changing their status of residence to diplomat or official, as well as people residing under the "official" status who renew their period of stay.

The changes are scheduled to take effect on Oct 1.

The public comment period for those

changes ended on until Aug 2. Information where to submit feedback is on the ISA's webpage

One planned use for the funds obtained through the price hike is to support the creation of a government-led learning program to help foreign nationals adapt to life in Japan.

On Thursday, 8 July, Yuki Hagata, the director of the foreign residency Policy Planning Office at ISA told reporters that the program is currently in the planning stages.

The program would teach Japanese language skills as well as rules, systems and manners needed for daily life in Japan, he said.

During Friday's news conference, Hiraguchi said that the government is creating the program to "help foreign nationals adapt to Japanese society, and contribute to developing an environment in which they can play an active role while also ensuring the safety and security of the general public".

According to the ISA, the national government would take responsibility for building a systematic nationwide learning program, reducing the burden on municipalities that currently provide varying levels of support to foreign nationals using local resources.

Nagata said that the program would likely rely on ICT tools, using online materials, in order to allow people to begin studying before entering Japan and to contribute after their arrival in country.

Agency officials said that completion of the program could be treated as an incentive or a precondition for application such as permanent residence and the renewal of long term residential permits, though they stressed that details have not yet been finalized and the program is still very much in the preliminary stages of planning.

Courtesy of The Japan Times article by Jessica Speed.

Note: The Aomori Immigration Office tells us that those who have permanent residence already will not be subject to the increased fee when renewing their residence card. We will have to wait until the final version of the law is published to be sure.

Lee Martin



RECURRING INFORMATION

Retiree Survivor's Guide

A Retiree Survivor's Guide to Benefits is available on the Library page of the Air Force Retiree Services website.

This guide provides general information about most federal benefits and entitlements available to eligible family members of deceased retired airmen, and it explains various application processes. People can direct specific questions to the government agency administering the benefits or discuss these matters with an Air Force casualty assistance representative.

Government agencies outside the Air Force administer most of the benefits discussed in this guide.

This guide is designed to provide general information on most federal benefits and privileges people may be entitled to as survivors of a deceased Air Force retiree. In addition, it contains a list of important necessary documents (see Section H), and a Benefits/Entitlements Checklist (see Section I).

myPay on YouTube

There is an excellent tutorial on YouTube on how to open and use your myPay account. Go to

https://www.youtube.com/playlist?list=PLhx_8nsfXqVjnv_WuYeXc84mlHBMYe6a

Courtesy of myPay.dfas.mil

myPay Support on DFAS

For problems using myPay, or with your myPay password, contact the DFAS Centralized Customer Support Unit toll-free at 1-888-332-7411 or commercial at (216)552-5096. You can also call DSN to 580-5096. This support line is available Monday through Friday, 8am to 5pm, Eastern Time.

The Centralized Customer Support Unit can provide assistance on how to use the options available to you in myPay. The support unit will also provide support for establishing and changing your password.

For all other payroll information, please contact your servicing pay office or your customer service representative.

Questions concerning specific pay account information should contact the

servicing payroll office or the appropriate Customer Service rep as follows:

Military Retirees:

1-800-321-1080

Annuitants: 1-800-321-1080

Former Military Spouses:

1-888-332-7411

Military retirees who are in a non-pay status due to a VA Waiver or Combat Pay can still access myPay but will have limited options available. Questions should be referred to the customer service section listed above.

You can also access your pay statement from the Main Menu of the myPay website by clicking on the Payment Information option.

Courtesy of myPay.dfas.mil

Where to Send Your TRICARE Claim

Non-active duty, TRICARE Pacific: send to TRICARE Overseas Program, P.O. Box 7985, Madison, WI 53707-7985 USA

TRICARE For Life (TFL) claims in the United States and U.S. territories (American Samoa, Guam, the Northern Mariana Islands, Puerto Rico and the U.S. Virgin Islands) send to WPS TFL, P.O. Box 7890 Madison, WI 53707-7890 USA.

Source: *The 2011 Publication for TRI-CARE Standard Overseas Beneficiaries*

For TRICARE Overseas Program information, forms and assistance you can contact the Misawa Air Base TRICARE Office at 226-6000 (from off base 0176-77-6000) or visit the office at the base hospital.

Courtesy of www.TRICARE-overseas.com

International Direct Deposit

International Direct Deposit (IDD) is available to U.S. military retirees and survivors living in eligible locations overseas. IDD electronically deposits funds on the first business day of the month to your foreign bank in the currency of the country of the receiving bank.

See previous editions of the Misawa RAO Newsletter (go to misawrao.com and search archived newsletters (April-June 2016 is most recent) for specific details and instructions to use the new DD1199-I for international direct deposit. *JJR*

ID Card Appointments

For ID card appointments, go to: <https://idco.dmdc.osd.mil/idco/#> Click "Make an Appointment" *Lee Martin*

Call My VA

You have questions for the VA? Dial 1-800-MyVA411. This is the number to call when you don't know who to call.

A Reminder!

If you want to retain your TRICARE benefit, when you turn age 65, you must join and pay for Medicare Part B.. If you live overseas, you will not have access to Medicare in the overseas area, but if you go stateside Medicare applies. Without Medicare Part B coverage you will not be able to submit a TRICARE claim. You will still have access to the Military Treatment Facility, space available.

About six months before you turn 65, you will receive a notice from the SSA giving you the option to decline. If you decline Part B, you will need other insurance and cannot claim any out-of-pocket expenses.

Birthdates of our Military Services

US Army—June 14, 1775

US Navy – October 13, 1775

US Marines—November 10, 1775

US Coast Guard—August 4, 1790

US Air Force—Sept 18, 1947

US Space Force — Dec 20, 2019



日本の銀行口座への直接入金

先日、陸軍退役軍人の未亡人の息子さんから相談を受けました。彼の母親は退役陸軍軍曹の未亡人で、遺族年金と社会保障給付金をネイビー フェデラル クレジット ユニオン信用組合の口座で受け取っていました。息子さんによると、母親は約8年前に亡くなったとのことです。息子さんは、信用組合の口座の状況と資金へのアクセス方法を調べてほしいと私に依頼しました。(口座受取人に関する情報は、前回のニュースレターをご参照ください。)

前回の口座明細書には20万ドル以上が記載されていました。信用組合によると、その口座は放棄されたとみなされ、バージニア州によって資金が没収されたとのことです。現在、資金を取り戻すために州と連絡を取るという複雑な手続きを進めています。

これを回避するにはどうすればよいでしょうか？ 一つの方法は、口座名義人が死亡した場合に信用組合口座の受取人を指定することです。そうすることで、資金の請求が容易になります。もう一つの方法は、毎月の預金を国際直接預金で日本の銀行に送金することです。毎月、銀行口座に資金が振り込まれ、その日の市場レートで自動的に日本円に換算されます。信用組合口座を解約して資金を受け取る必要も、口座を放置するリスクもあります。皆様には、日本の銀行口座への自動振込を設定することを強くお勧めします。ご希望であれば、当事務所がお手伝いいたします。

By Joseph Roginski

我々事務所のRetiree Activities Office(リタイアリーアクチヴィティオフィス)はどんな問い合わせでもをお手伝いします。ご遠慮なく連絡ください。

Tel: 0176-77-4428 (月～金、0900-1500) (日本語は月、金曜日のみ)

メール: misawa.rao@us.af.mil (日本語のメールはOKです)

Retiree Activities Officeの住所:

(English)

〒033-0012 Aomori-ken, Misawa-shi, Hirahata 64, Misawa Beigun Kichi-nai, Unit 5009 35FW/CVR—
Retiree Activities Office

(日本語) 〒033-0012 青森県三沢市平畑64番地 三沢米軍基地内, Unit 5009 35FW/CVR —
Retiree Activities Office

東京のアメリカ大使館に年金の局があります。アメリカの年金の相談は直接大使館の年金局にお電話して下さい。

Federal Benefits Unit フェデラル ベネフィット ユニット
(アメリカ大使館連邦年金部): 03-3224-5055



Still Serving!



Hello fellow retirees and fellow RAOs staff. Here is the third quarter 2026 edition of the Misawa Air Base Retiree Activities Office Newsletter.

We at the RAO are charged with getting information to you, our retired military community. Compiling a newsletter is one of the best ways to keep you informed but, it's a lot of work. Lee Martin and I ask for your help. We serve the retired community of northern Japan, which includes Misawa, and the six prefectures of Tohoku and prefecture of Hokkaido, representing all services and all the wars since WWII. You are a treasure of information and history. Don't let it all pass along with you without sharing. Anyone can provide information, opinion, history, or even a good story. We also solicit your feedback. What do you want to see covered in these newsletters? How can we improve? We will gladly consider your feedback and include your contributions in your newsletter.

Send your literary contribution to:

misawa.rao@us.af.mil

Managing Editor: CMSgt (Ret) Dave Barton

MMRA Notes:

1. Membership dues are \$20 a year. If you have not paid your dues for 2026, please call the RAO or e-mail the RAO and talk to Dave Barton, the MMRA Treasurer. He will arrange to collect your dues and record it in the financial report.
2. Donations to the Misawa Military Retirees' Association are greatly appreciated and are tax deductible with the IRS. Dues and donations are used for the operations of the organization, charitable activities, community activities, assistance grants, and assistance in the case of death in the family. All funds go to the community except for the snacks served at the bi-monthly meeting.

The Misawa Military Retirees Association (MMRA) meets bi-monthly on the first Tuesday of even months, at 1700 hours, in the Tohoku Consolidated Club's Gray Room. All military retirees regardless of service affiliation are welcome as members. These meetings are your forum to voice your opinions, concerns, questions and suggestions, and get information about retiree and survivor issues and support on Misawa Air Base. We are your voice to the active duty community and help to support the many retiree programs on the base. We also provide assistance in emergencies to retirees and surviving spouses in times of need. Come out and join our group, share your experiences and skills, contribute to the community. The time you give to your fellow retirees and their families may someday come back as assistance to you or your survivors.



MMRA Meeting Schedule

All meetings are held the first Tuesday of even-numbered months at the Tohoku Consolidated Club, Gray Room at 1700 hours.

3 February 2026

7 April 2026

2 June 2026

4 August 2026

6 October 2026

1 December 2026

Next Meeting—Tuesday, 6 October 2026

SERVING THE RETIRED MILITARY COMMUNITY IN NORTHERN JAPAN



<http://www.misawarao.com>