

CRSC, CRDP explained

From the Combat-Related Special Compensation Board

There are two concurrent receipt programs available to Navy and Marine retirees who have VA-rated disabilities. They are the Concurrent Retirement and Disability Payments (CRDP) program and the Combat Related Special Compensation (CRSC) program. Retirees who receive VA disability payments have their retired pay “offset” (reduced) by the amount that the VA pays. Both of these programs “restore” some or all of that retired pay. The Defense Finance and Accounting Service (DFAS) calculates and pays monthly CRDP and CRSC compensation.

In order to be eligible for these programs, disabled retirees must be eligible for retired pay and be in receipt of VA disability compensation. Chapter 61 (medical retirees) with less than 20 years service are eligible for CRSC only. 20-year and Temporary Early Retirement Act (TERA) retirees (15-19 years of service) are eligible for both CRSC and CRDP. Retirees, eligible for both programs, can receive compensation from only one of them.

CRDP is automatic and is paid to 20-year and TERA retirees who have VA rated service connected disabilities of 50% or higher. There is no application required, nor accepted. DFAS determines eligibility and pays monthly CRDP compensation. CRDP is being phased in over 10-years and in 2011 is

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Photo by Mass Communication Specialist 1st Class Chad J. McNeeley

Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, addresses residents of Chambersburg, Pa., Feb. 10. Mullen visited the southern Pennsylvania town as part of his “Conversations with the Country” town hall meetings.

Chairman Asks Communities to Help Veterans Reach Their Dreams

By Karen Parrish

American Forces Press Service

WASHINGTON – He is proud and privileged to lead a military that is the best he has seen in more than 40 years, the chairman of the Joint Chiefs of Staff said today.

Speaking during a town hall meeting at Capitol Theatre in Chambersburg, Pa., Navy Adm. Mike Mullen said, “I’ll state the case up front: I believe that there is in our country [a] ‘sea of goodwill’ to support our men and women in uniform, and their families, and we are now in our 10th year of war.”

The chairman has traveled around the nation for his “Conversations with the Country” since last April, working to raise awareness of how Americans can help veterans and their families return successfully from war to civilian life.

“They are extraordinary young men and women, and they come from all over the country - and in some cases all over the world,” the admiral said. “They make a difference, and they want to make a difference.”

The same service and sacrifice the nation witnessed in Iraq is now occurring in Afghanistan, the admiral said, and

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Shift Colors

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Photo by Mass Communication Specialist 2nd Class Joseph M. Buliavac

Fire Controlman 1st Class Daniel Boes, left, serves as a line coach while Boatswain's Mate 3rd Class Lakeisha Henderson participates in a small-arms live-fire exercise aboard the amphibious dock landing ship USS Comstock (LSD 45). Comstock is part of the Boxer Amphibious Ready Group, which is underway on a regularly scheduled deployment in the U.S. 7th Fleet area of responsibility.

Our Navy, Our Allies: Sailors Lend Aid in the Wake of Japan Earthquake



Top: A tug boat is among debris in Ofunato, Japan, following a 9.0 magnitude earthquake and subsequent tsunami. (Photo by Mass Communication Specialist 1st Class Matthew

M. Bradley)

Right: Marines and Sailors disembark from a KC-130 Hercules during a humanitarian assistance mission in response to the earthquake and tsunami that struck Japan March 11. (Photo by Marine Corps Master Sgt. Leo

Salinas)

Bottom right: Chief Naval Air Crewman Steven Sinclair looks out from an HH-60H Sea Hawk helicopter assigned to the Black Knights of Helicopter Anti-Submarine Squadron (HS) 4 - delivering humanitarian supplies to affected areas. (Photo by Mass Communication

Specialist 3rd Class Kevin B. Gray)

Bottom left: Pumping Station 2 at Fleet and Industrial Supply Center Yokosuka Defense Fuel Support Point Hachinohe was damaged by the tsunami. (Photo

by Chief Mass Communication Specialist Daniel Sanford)



Website Links Unemployed Vets, Spouses to Jobs

By Terri Moon Cronk

American Forces Press Service

WASHINGTON – Unemployed veterans, wounded warriors, reserve-component service members and their spouses searching for jobs can find one-stop shopping at a Web portal designed just for them.

Operated by the Army Reserve, the military-friendly Employer Partnership of the Armed Forces at www.EmployerPartnership.org lends assistance not only to those looking for a job, but also to public and private employers who are ready to hire former service members and help to support the troops, said Maj. Gen. Keith L. Thurgood, deputy chief of the Army Reserve.

“It’s all about connecting supply and demand,” Thurgood said.

Employers are attracted to veterans because they are highly skilled leaders from the finely tuned military atmosphere, the general explained.

“It’s a mutually beneficial program where the employer gets someone who’s drug-free, understands collaboration, [and] can think strategically and act at a tactical level to get the job done,” Thurgood said.

Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, is a longtime advocate of hiring veterans.

“Veterans bring a maturity. They bring leadership. They bring a life experience,” he said last year. “They bring a dedication they may not have had when they were 17, 18 or 19 years old.”

Thurgood said the portal, launched on Veterans Day, still is in its infancy, but already has 7,500 registered users.

“We’ve got over 1,300 [employers with job openings], including 95 Fortune 500 companies,” he said.

While many job websites exist on the Internet, Thurgood said, veterans should know EmployerPartnership.org offers a personal touch, such as a resume-building feature that translates military language into civilian terms. Deciphering “military speak” is a common concern for human resources people in the corporate world, the general added.

“We take [a military specialty] and translate it into something an HR professional can understand,” he said.

And it’s not just about the military, Thurgood said.

“It’s about a national program we need to put in place to share this great resource that we call people, because if you look at the unemployment rate, and the demographic of 18-to-24-year-olds, and then break that down into veterans, it’s higher than the national average.”

And sometimes, he added, the rate of unemployment among veterans is twice of the rate among civilians.

“We have ability to reach out to you personally to help you get your resume right, help you through the interview process, and make the right connections with employers,” the general said. “The personal touch is something we provide that nobody else does.”

The portal also has advice for veterans who want to start a business, Thurgood noted, offering training that explains how to become a smarter business person and entrepreneur.

“It’s free, it’s easy, and it’s a great way for us to connect the great skill sets that we bring to corporate America,” he said. “In my opinion, our great military does two things well: it delivers results and grows leaders. That’s exactly what America needs.”

Visit www.employerpartnership.org.

Veterans Affairs Provides Benefits to Veterans’ Caregivers

From a White House News Release

WASHINGTON – The Veterans Affairs Department is launching the first of a series of new and enhanced services supporting family caregivers of seriously ill and injured veterans.

President Barack Obama signed the Caregivers and Veterans Omnibus Health Services Act of 2010 legislation in May, authorizing VA to establish a wide range of new services to support certain caregivers of eligible post-9/11 veterans.

“Caregivers make tremendous sacrifices every day to help veterans of all eras who served this nation,” Veterans Affairs Secretary Eric K. Shinseki said. “They are critical partners with VA in the recovery and comfort of ill and

injured veterans, and they deserve our ... support and gratitude.”

In addition to the new benefits and services for eligible veterans who were disabled in the line of duty since Sept. 11, 2001, VA also will begin providing benefits and services to caregivers of veterans of all eras who already are enrolled in VA care, including:

- Access to VA’s toll-free Caregiver Support Line at 1-855-260-3274;
- Expanded education and training on caring for Veterans at home;
- Other support services such as counseling and support groups and referral services; and
- An enhanced caregivers’ website.

Some of the new benefits of the Caregivers and Veterans Omnibus Health

Services Act are restricted by law to the caregivers of the most seriously ill and injured post-9/11 veterans. Those additional benefits include:

- A monthly stipend;
- Health care coverage;
- Travel expenses, including lodging and per diem, while accompanying veterans undergoing care;
- Respite care; and
- Mental health services

Each VA medical center has designated caregiver support coordinators who will assist eligible veterans and caregivers. VA also has a caregiver support website, www.caregiver.va.gov, which will provide general information once final regulations are published, officials said.

Directory Links Wounded Warriors, Families to Resources

By Elaine Wilson
American Forces Press Service

WASHINGTON – From benefits and compensation to education and training, an online directory is providing wounded warriors, veterans and their families a direct connection to thousands of state, local and national resources.

“There’s so much information on the Web right now, it’s nice to have one place to access all of the content, the services, the information you need,” John R. Campbell, deputy assistant secretary of defense for wounded warrior care and transition policy, told American Forces Press Service. “It really permits the service member and family the ability to get information directly.”

The Defense, Labor and Veterans Affairs departments created the National Resource Directory -- located at <http://www.nationalresourcedirectory.gov/> -- to link wounded warriors, service members, veterans, their families and caregivers to nationwide resources that support recovery, rehabilitation and community reintegration, Campbell explained.

Toward that end, the directory contains information on a broad range of topics, including benefits and compensation, education and training, employment, caregiver support, health, housing, and transportation and travel.

With such a vast amount of information, Campbell said, a considerable effort went into creating user-friendly navigation tools to help people pin down resources quickly, whether it’s local grassroots efforts or national-level initiatives. People can search for a resource or program by subject, state or territory. A recent addition is a state widget that people can customize and embed in home pages, blogs and other sites. Once there, the information is updated automatically.

New programs and resources are added to the directory as quickly as agencies and organizations can roll them out. Experts always are working to ensure they’re hitting on the hot topics for troops and their families, Campbell noted, and as a result, the site is constantly evolving.

Campbell cited veteran homelessness as an example. The U.S. Interagency Council on Homelessness is working with the Veterans Affairs and Housing and Urban Development departments to eliminate homelessness entirely by VA’s goal of 2015. The directory has devoted an entire section to homelessness, featuring resources that offer everything from emergency housing to employment assistance.

Spouse employment is another area of growth on the directory, Campbell noted, particularly with new programs and resources in the works. The Labor, Commerce and Defense departments and the Small Business Administration, for example, are working with the business community to expand career options for spouses. Officials will ensure new spouse employment resources are added to the directory as they arise, he said.



Photo by Mass Communications Specialist 2nd Class Jonathan W. Hutto, Sr.

Master-at-Arms 3rd Class Nathan R. DeWalt is congratulated by Captain Oakley “Key” Watkins, Commanding Officer of Navy Safe Harbor at the second annual Navy Safe Harbor Awards Ceremony. In July 2008, DeWalt was struck by a vehicle while on his motorcycle severing his spinal cord at the T3 vertebra. Since his accident DeWalt competed in the Warrior Games and has begun distance cycling. Safe Harbor is the Navy’s lead organization for coordinating non-medical care of seriously wounded, ill, and injured Sailors, Coast Guardsmen, and their families.

While officials always are on the lookout for new information to post to the directory, feedback from troops and their families plays an integral role in keeping the site current, Campbell said. The site includes an easy-to-locate section where people can submit resources for consideration or pass on praise for outstanding service.

“We’ll take that resource and, if we find out it’s a good one, we’ll put it up,” he said. Officials verify each resource before posting, he added. A nonprofit organization, for example, must be in good standing with the Better Business Bureau before it can be considered for the directory.

“That’s the idea: to make it easy, make it efficient, make it valuable,” Campbell said.

To further that effort, he said, a mobile version of the directory will launch in the spring for smart phone users.

“The target audience is younger service members and families,” he added. “We’re really excited about that.”

Campbell said he’s received great feedback on the site, and is encouraged by a vast improvement in visitors, which he attributes to word of mouth. In the last quarter of 2010, the site’s unique visitors jumped by 115 percent, he said.

“We’re continuing to get reinforcement that we’re doing the right thing,” he said.

Government Publishes Veterans Homelessness Report

From HUD and VA News Releases

WASHINGTON – The Housing and Urban Development and Veterans Affairs departments recently published what officials say is the most authoritative analysis of the extent and nature of homelessness among military veterans.

According to HUD and VA's assessment, nearly 76,000 veterans were homeless on a given night in 2009, while roughly 136,000 veterans spent at least one night in a shelter during that year.

The assessment, part of President Barack Obama's plan to prevent and end homelessness in America, is based on an annual report HUD provides to Congress and explores in greater depth the demographics of veterans who are homeless, how veterans compare to others who are homeless, and how veterans access and use the nation's homeless response system.

"This report offers a much clearer picture about what it means to be a veteran living on our streets or in our shelters," HUD Secretary Shaun Donovan said. "Understanding the nature and scope of veteran homelessness is critical to meeting President Obama's goal of ending veterans' homelessness within five years."

"With our federal, state and community partners working together, more veterans are moving into safe housing," Secretary of Veterans Affairs Eric K. Shinseki said. "But we're not done yet."

Key findings of the report include:

- More than 3,000 cities and counties reported 75,609 homeless veterans on a single night in January of 2009; 57 percent were staying in an emergency shelter or transitional housing program while the remaining 43 percent were unsheltered. Veterans represent about 12 percent of all homeless people counted nationwide during the 2009 assessment;

- During a 12-month period in 2009, about 136,000 veterans -- or about 1



Photo by Mass Communication Specialist 2nd Class Wilyanna Harper

Mass Communication Specialist 2nd Class Clay Hoskins, assigned to the aircraft carrier USS Theodore Roosevelt (CVN 71), stacks canned food at St. Vincent Depaul Catholic Church. Sailors assigned to Theodore Roosevelt volunteered at the church to help prepare food for the homeless.

in every 168 veterans -- spent at least one night in an emergency shelter or transitional housing program. The vast majority of sheltered homeless veterans -- 96 percent -- experienced homelessness alone. Four percent of homeless veterans were found to be part of a family. Sheltered homeless veterans are most often single white men between the ages of 31 and 50 and living with a disability;

- Veterans are 50 percent more likely to become homeless compared to all Americans and the risk is even greater among veterans living in poverty and poor minority veterans. HUD and VA examined the likelihood of becoming homeless among American veterans with particular demographic characteristics and found that during 2009, twice as many poor Hispanic veterans used a shelter compared with poor non-Hispanic veterans. African American veterans in poverty had similar rates of homelessness;

- Most veterans who used emergency

shelter stayed for only brief periods.

One-third stayed in a shelter for less than a week; 61 percent used a shelter for less than a month; and 84 percent stayed for less than three months. Also, veterans remained in shelters longer than non-veterans;

- Nearly half of homeless veterans were in California, Texas, New York and Florida while only 28 percent of all veterans were located in those states;

- Sheltered homeless veterans are more likely to not be a part of a family household; 96 percent of veterans are individuals compared to 66 percent in the overall homeless population.

HUD and VA are working to administer a joint program targeting homeless veterans. Through the HUD-Veterans Affairs Supportive Housing Program, HUD provides rental assistance for homeless veterans while VA offers case management and clinical services.

To date, more than 750,000 people, including more than 15,000 veterans, have been assisted through HUD.

Another Step Toward Making the Claims Process Faster

By Lauren Bailey
Veterans Affairs

The VA is testing ways to access private medical records more quickly. My two favorite Veterans read the press release and said, “Um, what the heck does this mean?” I figured that if the info was murky to the Vets I know, it might be that way for other Veterans, too.

So, here’s the deal.

Development is the lengthiest part of the claims process, taking around 100 days. Right now, if you were to submit a claim that requires medical records from a doctor outside of the VA network it could take up to 40 days for VA to get the documents. Here’s how it goes: VA requests the records and gives your doctors 30 days to respond. Then, if we don’t hear back from private docs we have to send a reminder and give them another 10 days to get the records to us. And by “get the records to us,” of course I mean that the records are mailed. Up to 40 days to get more paper? Not good.

So, we’re banging our heads on our paper covered desks trying to figure out ways to reduce wait times for claims—a move that will, over time, break the back of the backlog—and it occurs to us: If insurance companies can get Lauren’s car insurance updated and emailed to her over lunch and the pizza joints let you order and track pizza on-

line, there has to be some company out there that can help us out with private medical record transmission.

And there is.

DOMA, a company that specializes in electronic document management, said they can get medical records from non-VA docs in support of a Veteran’s compensation and pension claim in seven days. This is huge.

So, in new, true VA fashion we’re giving it a test go.

The process was piloted at the [Jackson Regional Office](#) (Jackson, Miss.) and is currently being further tested at six other sites to sort of make the company walk the walk again. These six additional pilots are running through this Spring. We’ll know if they’re a success because VBA employees will be able to track and validate the records coming in quickly and DOMA will be giving the Regional Offices weekly reports: How many requests were made, how many requests were fulfilled and how long the fulfillment took. If it’s a success we’ll roll it out the initiative to every Regional Office.

The best part? Veterans won’t have to do anything: No more liaising with your doctors, no more worrying if your records are going to make it in a timely fashion. DOMA will get the records electronically, through a secure transmission from your doctor to VA in seven days flat.

Keep Your Records Current

From the Defense Finance and Accounting Service

In order to receive your pay and other benefits on time every time, it’s important to review your retired pay account information regularly to ensure it is current. Be sure to notify the Defense Finance and Accounting Service of any changes to things like your mailing address, marital status and designated beneficiaries.

You can update your address, banking information and tax withholding yourself through *myPay* (<https://mypay.dfas.mil>). Other changes and notifications should be mailed or faxed to:

Defense Finance and Accounting Service

U.S. Military Retirement Pay

P.O. Box 7130

London, KY 40742-7130

Fax: 800-469-6559

Or

Defense Finance and Accounting Service

U.S. Military Annuitant Pay

P.O. Box 7131

London, KY 40742-7131

Fax: 800-982- 8459

Please include your Social Security number and sign the request.



Photo by Mass Communication Specialist 3rd Class Kathryn E. Macdonald

The gig crew, comprised of Sailors assigned to USS Constitution, pulls hard as they struggle to the finish line during the 32nd annual Snow Row. The Snow Row is a 3.75-mile triangular course that gives participants the opportunity to display their boat and seamanship skills to spectators.

National Defense Act Will Make Premium-based TRICARE Benefits Available for Military Dependents up to Age 26

TRICARE News Release

FALLS CHURCH, Va. – The signing of the National Defense Authorization Act (NDAA) of fiscal year 2011 into law enables TRICARE to extend coverage to eligible adult children up to age 26. A premium-based TRICARE Young Adult program is expected to be in place later this spring.

The Patient Protection and Affordable Care Act of 2010 required civilian health plans to offer coverage to adult children until age 26. TRICARE previously met or exceeded key tenets of national health reform, including restrictions on annual limits, lifetime maximums, “high user” cancellations, or denial of coverage for pre-existing conditions – but did not include this expanded coverage for adult children. Dependent eligibility for TRICARE previously ended at age 21 or age 23 for full-time college students.

The fiscal year 2011 NDAA now gives the Department of Defense the authority to offer similar benefits to young adults under TRICARE. The law was signed by the President on Jan. 7, 2011 but full details of the TRICARE Young Adult (TYA) program will not be in place until later this spring, according to TRICARE officials.

“We’ve been working hard to make sure we could put TRICARE Young Adult on a fast track,” said TRICARE Deputy Director Rear. Adm. Christine Hunter. “Fortunately for our beneficiaries concerned about health care coverage for their adult children, the law signed by the President includes opportunities for military families to elect this new premium-based plan retroactive to Jan. 1.”

Beginning later this spring, qualified, unmarried dependents up to age 26 will be able to purchase TRICARE coverage on a month-to-month basis – as long as they are not eligible for their own employer-sponsored health coverage.

Premium costs are not yet finalized, but the NDAA specifies that rates must cover the full cost of the program. “This

program has the potential to extend TRICARE coverage to several hundred thousand additional beneficiaries,” said Hunter. “The premium allows us to provide this excellent benefit to our military families while responsibly addressing the impact of health care costs on the DoD budget.”

Initially, the benefit offered will be a premium-based TRICARE Standard benefit. Eligible family members who receive health care between now and the date the program is fully implemented may want to purchase TYA retroactively and should save their receipts. Premiums will have to be paid back to Jan. 1, 2011 in order to obtain reimbursement.

As details are being finalized to offer the TRICARE Young Adult Standard option, the TRICARE Management Activity will also begin work on the required policy and contract changes to offer a TRICARE Prime option later in 2011. While it is too soon to provide specifics, eligible family members using the TRICARE Young Adult Standard program may be able to change to TRICARE Prime later in the year if it meets their needs more fully. The TRICARE Young Adult Prime option will also carry a separate premium.

Stay up to date about the TRICARE Young Adult program by signing up for e-mail benefit and news updates from TRICARE. To subscribe, TRICARE beneficiaries can visit www.tricare.mil/subscriptions and look for “TRICARE Young Adult” under benefit changes.

Adults who are no longer eligible for TRICARE, but need health insurance coverage, may wish to explore the Continued Health Care Benefit Program (CHCBP). CHCBP is a premium-based program that offers temporary transitional health coverage for 18-36 months. Coverage must be purchased within 60 days of loss of TRICARE eligibility. For more on CHCBP, go to www.tricare.mil/CHCBP.



Check up...

Nurse practitioner Tiffany Holm performs a routine physical on Willie Benjamin at the Tricare Outpatient Clinic-Clairemont Mesa operated by Naval Medical Center San Diego. Twelve health care providers treat more than 3,000 active duty service members, retirees and beneficiaries at the clinic. (Photo by Mass Communication Specialist 2nd Class Chelsea A. Blom)

P-MART: A Reliable Pharmacy Safety Tool for Service Members

FALLS CHURCH, Va - Since 2002, the Prescription Medication Analysis Reporting Tool (P-MART) has screened 1.1 million service members deploying overseas to ensure they were taking appropriate prescription drugs.

P-MART, a TRICARE pharmacy tool, confidentially checks service members' prescription records to rapidly and accurately assess their medication needs when they deploy.

"A critical part of TRICARE's mission is to ensure and enhance the readiness of U.S. Armed Forces," said Rear Adm. Thomas McGinnis, chief of the TRICARE Pharmaceutical Operations Directorate. "P-MART is a useful tool to make sure our fighting men and women are taking safe and appropriate prescription medications."

When it screens a service member,

P-MART flags medications that may be unsuitable for the deployed environment or that require a more intensive medical review. P-MART generates reports for unit medical officers who can prescribe different medications, provide a waiver or make other arrangements.

"In 2010, 160,187 service members were screened before deployment using P-MART," McGinnis said. "A medication that is fine to take while serving at a desk job in Kuwait, may not be right for a Marine on patrol in Afghanistan."

Of the 1.1 million service members screened by P-MART since 2002, over 350,000 have been identified as taking high-risk medications. These include medications not easily available overseas, those that require monitoring or that could result in a medical evacua-

tion if not provided.

Since 2009, P-MART has also been used to screen service members at Warrior Transition Units after their deployment, producing reports outlining their prescription portfolio. The reports highlight controlled substances and psychotropic drugs. They are available to the team of pharmacists, medical providers, nurses and case managers caring for the service member. The reports are used to help identify at-risk service members who may need additional treatment while transitioning back to civilian life.

For more information about TRICARE pharmacy programs, visit www.tricare.mil/Pharmacy. The PEC website, www.pec.ha.osd.mil/, contains more information about P-MART.

TRICARE Autism Demonstration Proving Positive

FALLS CHURCH, Va - "We have begun the process to determine how best to make the board-certified behavior analyst - tutor model a permanent benefit of the extended care health option," said Michael O'Bar, deputy director for TRICARE Policy and Operations.

During the recent 2011 Military Health System Conference, O'Bar reported on the Department of Defense Enhanced Access to Autism Services Demonstration.

The demonstration allows eligible beneficiaries to receive applied behavioral analysis (ABA) intervention services from paraprofessionals (referred to as tutors) working under the supervision of board certified behavior analysts (BCBA). The demonstration covers intervention services that implement basic principles of ABA.

"The purpose of the demonstration is to explore the means of lessening the difficulty of accessing ABA services," said O'Bar.

"It's helping determine the effectiveness of expanding the applied behavior analysis provider base through tutors," said O'Bar. "Our goal is to increase access to ABA services."

In a 2010 TRICARE Health Program Analysis and Evaluation Division survey, parents with children participating in the demonstration expressed overall satisfaction with the quality of ABA services. Approximately half of the parents with children enrolled in the demonstration said their child's condition was much better since receiving ABA, the major-

ity of parents indicated the child's condition was at least a little better.

ABA is a method of behavioral conditioning that teaches and reinforces desired behaviors while extinguishing undesired behaviors. This technique is an educational intervention that has been found to help teach new skills and improve communication abilities for children with autism spectrum disorders.

ABA is covered under the Extended Care Health Option (ECHO). Within ECHO, TRICARE is permitted to provide various non-medical services to active duty family members with qualifying conditions. However, ABA is not covered under the TRICARE basic program, which covers only medical services and equipment.

The demonstration covers intervention services that implement basic principles of ABA.

Tutors work one-on-one with children implementing a behavior plan designed and maintained by the BCBA supervisor. They gather data necessary for the BCBA supervisor to evaluate the effectiveness of the BP. A tutor may not conduct behavioral evaluations, establish a child's behavioral plan or bill independently for services provided to TRICARE beneficiaries.

The demonstration, which started in March 2008, has been extended to March 2012. Learn more about ECHO at www.tricare.mil/ECHO and the TRICARE Autism Services Demonstration at www.tricare.mil/autismdemo.

Health Plan to Remain Free for Troops

By Donna Miles

American Forces Press Service

WASHINGTON – Though Defense Secretary Robert M. Gates seeks modest premium increases for working-age military retirees who use the TRICARE Prime health plan, the benefit will remain free to service members, defense officials emphasized.

Gates unveiled sweeping cost-cutting initiatives yesterday, including a recommendation to increase TRICARE Prime premiums for working-age retirees in fiscal 2012, the first increase in the plan's 15-year history.

"For some time, I've spoken about the department's unaffordable health costs, and in particular the benefits provided to working-age retirees under the TRICARE program," the secretary told reporters.

"Many of these beneficiaries are employed full-time while receiving their full pensions, and often forego their employers' health plan to remain with TRICARE," he said. "This should not come as a surprise, given that the

current TRICARE enrollment fee was set in 1995 at \$460 a year for the basic family plan."

Gates noted the dramatic increase in insurance premiums during that period for private-sector and other government employees. Federal workers pay roughly \$5,000 a year for a comparable health insurance program, he said.

"Accordingly, with the fiscal year 2012 budget, we will propose reforms in the area of military health care to better manage medical cost growth and better align the department with the rest of the country," Gates said.

These initiatives could save the department as much as \$7 billion over the next five years, he said.

Military retirees automatically are enrolled in one of two TRICARE plans, program spokesman Austin Camacho explained. Retirees who join TRICARE Prime, the system's managed-care option that covers active-duty members, pay an annual enrollment fee of \$230 per year for an individual or \$460 for a family. Those in TRI-

CARE Standard, a fee-for-service plan, pay no enrollment fee or premium. Instead, they pay a yearly deductible of \$150 per person or \$300 per family, as well as co-payments or cost shares for inpatient and outpatient care and medications, up to a \$3,000 annual cap on out-of-pocket expenses.

Military retirees aren't required to report whether they have jobs that offer insurance plans, Camacho said, noting that having other insurance does not take them off the TRICARE rolls. Rather, he explained, TRICARE becomes the "second payer" for health care, picking up co-payments and deductibles from the primary insurance plan.

"All of these things help us work together to help us achieve the secretary's goals, and we are already starting to make progress," Navy Rear Adm. (Dr.) Christine S. Hunter said. "We need to be very aware that there is a pressure [to improve efficiency and control costs] and the resources are not infinite. But we are all part of the solution."

Program Cuts Sustain Health Care, Maintain Quality

By Lisa Daniel

American Forces Press Service

WASHINGTON – Defense Department officials have recommended a number of ways to cut costs in the military health system, while still providing high-quality care and protecting the wallets of active duty service members and their families, a senior defense official said yesterday.

"We're trying to create a balanced program over the next five years, understanding that there is a great, and appropriately, hard look at the cost of health care in the department," George Peach Taylor Jr., a medical doctor and acting principal deputy assistant secretary of defense for health affairs, said in an interview with American Forces Press Service.

The department is committed to "taking care of our active duty population and their families, being true to retirees and the promises we have made to them, and making sure we make wise investments in the future in research and development," he said.

Like the private sector, military health costs have grown at a rate of about 4-to-6 percent each year, but Congress has

not approved user fees for the TRICARE system in 15 years -- a trend that Defense Secretary Robert M. Gates has called unsustainable, especially in light of tightening budgets that are projected to have no growth in 2014 and 2015.

The department's proposed fiscal 2012 budget includes \$50 billion for health affairs, which covers some 10 million patients. The budget request would save about \$340 million in fiscal 2012, and almost \$8 billion through 2016.

The budget calls for creating savings by cutting overhead costs, transitioning some patients to Medicare coverage, and requiring modest increases in military health care enrollment fees for working-age retirees, Taylor said. Active duty service members will continue to receive free health care, as will their family members who choose the TRICARE Prime system, he said.

"We're trying to provide that coordination of care that you don't see much in the American health care system today," he said. "I think it's going to provide much better patient satisfaction because you're going to be seeing your own provider or provider team consistently."

Study Ties Problems to Post-traumatic Stress

By Lisa Daniel

American Forces Press Service

WASHINGTON – Service members who suffer mild traumatic brain injuries in combat and then struggle with depression, irritability, alcohol abuse and similar problems after they return home most likely are experiencing post-traumatic stress, rather than brain injury symptoms, according to a new study.

The study, sponsored by the Defense and Veterans Affairs departments and published in this month's Archives of General Psychiatry, a Journal of the American Medical Association publication, tracked Minnesota National Guard soldiers during the last month of their 16-month deployment to Iraq, then again a year after they returned home.

The findings, based on the self-reporting of 953 soldiers with follow-ups from the clinicians, showed "very little evidence for a long-term negative impact" from concussions or mild TBI on "psycho-social outcomes" -- anxiety, depression, drug and alcohol abuse and the like -- after accounting for post-traumatic stress, said Melissa A. Polusny, a clinical psychologist at the Minneapolis Veterans Affairs Health Care System and a professor at University of Minnesota Medical School.

Polusny wrote the study along with five other clinical psychologists, and in collaboration with Army Col. (Dr.) Michael Rath, a surgeon with the 34th Infantry Division brigade that participated in the study.

"After we statistically controlled for PTSD symptoms, there were virtually no long-term symptoms from concussive and mild TBI," she said.

Polusny emphasized that the study only investigated mild TBI, which may cause a person to be momentarily dazed or confused or lose consciousness for fewer than 20 minutes, but causes no actual injury to the brain or skull. Also, the study did not consider



Photo by Mass Communication Specialist 1st Class Anastasia Puscian

Rear Adm. C. Forrest Fiason III, commander of Naval Medical Center San Diego, makes opening remarks at the grand opening of the Overcoming Adversity and Stress Injury Support (OASIS) residential program at the center campus on Naval Base Point Loma. OASIS is a new treatment program that provides intensive mental health care for service members with combat-related mental health symptoms such as post traumatic stress disorder, depressive disorders, anxiety disorders and substance abuse problems.

repeated head trauma -- the subject of other studies that have suggested long-term effects -- in the soldiers, 95 percent of whom were on their first deployment to Iraq in 2005, she said.

The study's focus on mild TBI is significant for today's warfighters, Polusny said, because "the vast majority of reports of TBI are mild."

The study's findings, she added, are "very interesting and not exactly what we expected."

The findings show that service members are much more likely to report concussions and mild traumatic brain injuries after they return home than they are in the combat theater. Of those surveyed, only 9 percent reported concussions or TBI in theater, but 22 percent reported incidents after redeployment.

Similarly, 9 percent reported symptoms of post-traumatic stress disorder in theater, compared to 14 percent at home; and 9 percent reported symp-

ptoms of depression, compared to 18 percent at home.

Many of the soldiers who answered that they did not have mild TBI or post-traumatic stress disorder symptoms actually did, the VA's publication brief of the study says. Of those, 64 percent reported having problems with distractibility and irritability, 60 percent reported memory problems, 57 percent reported ringing in the ears, and 23 percent had balance problems.

Another notable finding, Polusny said, is that after their return home, more than 40 percent of the Iraq war veterans reported some levels of alcohol abuse.

"There's been a lot of attention paid to PTSD and mild TBI and even suicide risk, but the prevalence of problem drinking appears to be much higher among returning service members than any of these other problems," she said.

Researchers were surprised at the wide difference in reporting from the war theater to home, Polusny said. They believe the disparity may be due to service members' reluctance to report problems while deployed, or that they have a different impression of events when they return home, she said. The differences may reflect a need for better post-deployment questioning of veterans, she added.

"One of the really important implications of the findings is that we need to be carefully screening for PTSD, and make sure veterans receive treatment," Polusny said.

Polusny added that the findings caused concern that combat veterans may misattribute the reason for their problems, which could hamper treatment or cause a service member to not seek treatment.

"If a veteran is having irritability and memory problems, and assumes he had a concussion when maybe he is suffering from PTSD symptoms, ... we need to make sure we are treating veterans for the right problems," she said.

those who do so are on average in their early 20s.

“They bear this burden proudly, they care deeply about our country, and it is the freedoms we enjoy that they serve to make sure are never, ever in question,” he said.

Many soldiers have deployed four or five times, the chairman said.

“The first one was six months, the second one was eight months, and after that we went to 12 months, and 15 months and 15 months, and we’re now back to 12 months,” he said.

Between deployments those troops got only as much time as they had spent away, Mullen said, and typically spent half of that time away from home.

For Marines, deployments are shorter but more frequent – “Seven months out, seven months back, since the war started,” he said.

The change that punishing schedule has wrought in Iraq is “breathtaking,” Mullen said.

“It is about politics in Iraq now, it’s not about violence,” he said. “And it’s about a future for 26 million people.”

There are young Americans who gave their lives and many others who served and sacrificed to create that possibility, the admiral said.

“In Afghanistan, we still are on this kind of rotation ... though we are now home longer than we are deployed,” he said.

Mullen said for him, part of the conversation is “I want to make sure we are facing the fullness of these wars.”

The chairman said he and his wife, Deborah, greet returning troops, meet with military families, and visit service members wounded in the wars.

“You go in to visit them and their families, and the docs do the medicine, but the families really do the healing,” he said. “You go to try to lift their spirits, and after you spend time with them ... they lift yours.”

Today’s returning warriors are a



Photo by Chief Mass Communication Specialist Michael B. Watkins

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 40 begin their journey from Deh Dadi Two, Afghanistan back to homeport in Port Huene, Calif. NMCB-40 will turn the camp over to the Army and NATO forces as a major hub in the northern Afghanistan distribution network supply route.

young generation determined to make a difference and wired to serve, the chairman said.

“What I want to have a conversation about with communities like yours is, these young men and women are coming back ... and they will make a huge difference, I believe, in our future,” Mullen said.

Veterans have seen their lives change, but their dreams remain the same, he said: “They still want to go to school, they want to have a family ... they’d like to own a piece of the rock.”

What he asks of communities are the things that will make those dreams possible, the chairman said.

“Education, employment and health,” he said. “I recognize ... the employment challenge is huge here, as it is throughout the country. But this economy’s going to turn, and the number of jobs available is going to go up.”

The model by which the Defense and Veterans Affairs departments send a Soldier, Sailor, Airman or Marine who is leaving service back to his or her community with “have a nice life” is

no longer acceptable, Mullen said.

“These are the same individuals who on Monday of a given week, I am devoting the fullness of my life and leadership to their success,” he said. “And on Tuesday, when they leave, I am no longer focused on them. I don’t think we can do that anymore.”

The military bureaucracy and American communities must be partners in making veterans and their families successful in their post-war lives, the chairman said.

While the Pentagon and the VA contribute funds for health care and education, Mullen said, communities are where those funds must translate to successful services.

“It has to be local, and leaders have to design the model, if you will, in the local community that’s going to achieve this kind of effect,” the admiral said.

He has seen a list of community services that succeed, the chairman said.

“What I’m asking of communities is to just open up your lenses, to include in your outreach, these families,” he said.

98% phased-in. CRDP payments are taxed. Although legislation has been proposed in Congress to pay CRDP to retirees with less than 20 years service, it has not been approved yet.

CRSC is for military retirees with combat-related disabilities of 10% or greater. Combat-related determinations are made by the CRSC Board for the branch of service the member retired from. The retiree must apply using form (DD-2860 April 2009). The “burden of proof” is on the claimant and the claim should include the member’s DD-214, VA Rating Decisions, Service Medical Records (SMR’s), the PEB findings letter (for medical retirees) and service personnel records. Reconsiderations are accepted if new documentary evidence as to the cause of the disability is provided or for any new disabilities rated by the VA. Appeal authority for CRSC is the Board for Correction of Naval Records (BCNR).

CRSC compensation for medical retirees is calculated by DFAS using a complicated formula that takes into account the PEB, VA and CRSC percentages. CRSC pay can never exceed what would have been the years of

service retirement amount, but can be much less and sometimes zero. CRSC pay is not taxed. Medical retirees can go to <http://www.dfas.mil/militarypay/woundedwarriorpay.html> then go down to the Retired Disability Income Estimator to determine the approximate CRSC pay they will receive. If/when CRDP is approved for medical retirees with less than 20 years service, it will be calculated in the same way that DFAS now calculates CRSC pay.

In order for a CRSC claim to be approved, there must be a direct causal relationship between the armed conflict or training exercise that simulates war and the resulting disability. The CRSC board only considers VA rated service connected disabilities. Slips, trips, and falls, lifting heavy objects, as well as physical training, are not combat-related disabilities. The fact that a veteran incurred a disability during a period of war or simulated war; or in an area of armed or simulated conflict, or while participating in combat or simulated combat operations; is not sufficient to support a combat-related determination. Only the CRSC Board for each branch of service is authorized to make

combat-related determinations. “Combat Zone” notations in VA documents are not a combat related decision.

The VA has added three new disabilities “presumptive to Agent Orange (AO).” They are Ischemic Heart Disease, Parkinson’s Disease, and certain Leukemia’s. If you are a Vietnam vet who was “boots on the ground” or a riverine or “brown water” sailor in Vietnam, those disabilities “presumptive to AO” are combat related.

Retroactive payments are paid for CRSC, but CRSC compensation is subject to the 6-year Barring Statute. DFAS can pay you back pay or VA Retro pay back six years from your application, but can go no further back than the VA effective date.

The email address for DoN CRSC Board is: DON_CRSC@navy.mil

If you want a call from the CRSC Board, just send an email with your phone number or leave a voice message on our phone at (202) 685-1683.

The FAX number for DoN CRSC is: (202) 685-6610.

Website is: <http://www.donhq.navy.mil/corb/crscb/crscmainpage.htm>

Suiting up...

Machinist’s Mate 2nd Class Joseph Pontorero dons a firefighting ensemble on the mess decks during a general quarters drill aboard the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70). The Carl Vinson Carrier Strike Group is deployed supporting maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility. (Photo by Mass Communication Specialist 2nd Class James R. Evans)



Retiree checklist: What survivors should know

Shift Colors periodically provides a checklist for retirees and their surviving family members. This checklist is designed to provide retirees and their loved ones with some help in preparing for the future.

- ❑ Create a military file that includes a copy of retirement orders, separation papers, DD Form 214, medical records, and any other pertinent military paperwork. Make sure your spouse knows the location and telephone number of the nearest military installation.

- ❑ Create a military retired pay file that includes the following contact information for the Defense Finance and Accounting Service (DFAS) and Navy Personnel Command:

Defense Finance and Accounting Service

U S Military Retirement Pay

Post Office Box 7130

London, KY 40742-7130

(800) 321-1080 or (216) 522-5955/(800) 269-5170 (for issues regarding deceased members)

Navy Personnel Command

(N135C)

Retired Activities Branch

5720 Integrity Drive

Millington, TN 38055-6220

(This file should also include the number of any pending VA claim as well as the address of the local VA office; a list of deductions currently being made from retired pay or VA benefits. Also include the name, relationship and address of the person you have designated to any unpaid retired pay at the time of death. This designation is located on the back of your Retiree Account Statement)

- ❑ Create an annuities file. This file should information about the Survivor Benefit Plan (SBP), Reserve Component Survivor Benefit Plan (RCSBP) or the Retired Serviceman's Family Protection Plan (RSFPP), or any applicable Civil Service annuity, etc. Additional information regarding SBP, RCSBP and RSFPP annuity claims can be obtained from DFAS office at (800) 321-1080.

- ❑ Create a personal document file that has copies of marriage certificates, divorce decrees, adoptions and naturalization papers.

- ❑ Create an income tax file. Include copies of both of your state and federal income tax returns.

- ❑ Create a property tax file. Include copies of tax bills, deeds and any other related documents/information.

- ❑ Create an insurance policy file. Include life, property, accident, liability and hospitalization policies.

- ❑ In a secure location, maintain a list of all bank accounts (joint or individual). Include the location of all deposit box-

es, savings bonds, stocks, bonds and any securities owned.

- ❑ In a secure location, maintain a list of all charge accounts and credit cards. Include account numbers and mailing addresses.

- ❑ Maintain a list of all associations and organizations of which you are a member. Some of them could be helpful to your spouse.

- ❑ Maintain a list of all friends and business associates who may be helpful. Include name, address and telephone number.

- ❑ Discuss your plans/desires with respect to the type and location of your funeral service. You should decide about cremation, which cemetery, ground burial, etc. If your spouse knows your desires, it will resolve some of the questions that might arise at a later date.

- ❑ Visit a local funeral home and pre-arrange your services. Many states will allow you to pre-pay for services.

- ❑ Investigate the decisions that you and your family have agreed upon. Many states have specific laws and guidelines regulating cremation and burials at sea. Some states require a letter of authority signed by the deceased in order to authorize a cremation. Know the laws in your specific area and how they may affect your decisions. Information regarding Burials at Sea can be obtained by phoning the Mortuary Affairs Division at (866) 787-0081.

- ❑ Once your decisions have been made and you're comfortable with them, have a will drawn up outlining all your wishes and store it in a secure location with your other paperwork.

- ❑ When all the decision-making and documenting is completed, sit back and continue to enjoy life.

Who should be notified in the event of my death?

1. Defense Finance and Accounting Service (800) 321-1080 or (216) 522-5955

2. Social Security Administration (for death benefits) - (800) 772-1213

3. Department of Veterans Affairs (if applicable) - (800) 827-1000

4. Office of Personnel and Management (if applicable) - (724) 794-8690

5. Any fraternal group that you have membership with such as MOOA, FRA, NCOA, VFW, AL, TREA

6. Any previous employer that provides pension or benefits.

The above information is not all-inclusive and should be used with other estate planning tools to lessen trauma to your loved ones.

Reunions

Check the **Shift Colors Web page** (<http://www.npc.navy.mil/ReferenceLibrary/Publications/ShiftColors/>) for a full listing of Reunions

REUNION 2011	DATE	PHONE NUMBER	E-mail/Web address
All hands LSMs/LSMRs	May 23-24	(952) 894-1116	maral315@msn.com
ASR	Oct. 17-21	(502) 477-0876	mbneal@insightbb.com
Destroyer Leader Association DL 1, DL 2, DL 3, DL 4, DL 5, DDG 35 & DDG 36	Sept. 22-25	(540) 345-5826	destroyerleader1@cox.net www.destroyerleaderassociation.org
Guantanamo Bay Association	Aug. 23-27	(717) 266-1102	johnkwolves@yahoo.com www.gitmobay.org
HSL 94	March 19	(609) 865-2529	tdunn90@comcast.net
MCB 11 & 11TH NCB SEABEES	Sept. 21-25	(512) 267-8873	mcb11reunion@earthlink.net mcb11.com
Mine Division 113 Vietnam	Sept. 29 - Oct. 1	(651) 455-1876	MineDiv113Reunion@msn.com
NAS Barber's Point	Sept. 13-29	(352) 637-5131	dmclean8@tampabay.rr.com
NAS Chase Field	April 1-3	(562) 338-5088	mwebb@naschasefield.com www.naschasefield.com
NAS DaNang	April 6-10	(502) 477-0876	mbneal@insightbb.com
NAS Sanford (all units and squadrons 1942 - 1968)	June 23-26	(386) 668-4851	dlfsf@aol.com
Naval Nuclear Power Unit Group (PM-3A)	May 15-20	(717) 469-2075	ragseabe@comcast.net www.reunionprogregration.com/nnpu.htm
Naval Reserve Recruiters	April 1-3	(904) 704-1229	chetsheets@aol.com
Naval Training Center Bainbridge (all Sailors and WAVES 1942-1976)	Sept. 29 - Oct. 2	(423) 326-3654	Kali8824z@aol.com www.usntcb.org
Navy Facility Barbados (all personnel 1957-1979)	June 2-8	(802) 893-6187	rmn570@gmail.com http://www.facebook.com/?ref=home#!/group.php?gid=310630185646&ref=ts
NMCB 128	Aug. 18-21	(815) 372-3152	sargejohn@comcast.net
NOB/NAS Trinidad (including Fasron 105, VPB 208, VPMS 8, VP 48, VPB 213, VP 34, and USMC SeaBee Dets.)	Sept. 29 - Oct. 1	(870) 496-2285	barrett27@dishmail.net
Sangley Point Navy recruits - batch February 1958	April 1-3	(407) 851-5443 (310) 530-5429 (619) 482-0215	
USS AMPHION (AR 13), USS ARCADIA (AD 23), USS MARIAS (AO 57)	May 12-15	(815) 238-8369	mcaanreunion@yahoo.com
USS BAINBRIDGE (DD 246)	May 17-19	(910) 791-7735	BudPoythress@aol.com
USS BAUSELL (DD 845)	June 14-18	(928) 854-2205	genied@frontiernet.net www.usseausell.com
USS BERGALL (SS 320/SSN 667)	Sept. 21-14	(772) 774-8049 (401) 789-7099	ss563rlg@gmail.com www.bergall.org/reunions/reun2011.html
USS BOSTON (CA 69/CAG 1/SSN 703)	July 14-17	(603) 672-8772	secretary@ussboston.org www.ussboston.org
USS BRADLEY (DE/FF 1041)	Oct. 20-23	(845) 634-3993	bgottsch@verizon.net
USS BREMERTON (CA 130)	June 26-30	(406) 837-4474	jtbluff1@centurytel.net
USS BROUGH (DE 148)	Sept. 11-16	(989) 345-0237	
USS BRYCE CANYON (AD 36)	Oct. 13-16	(619) 562-5690	thenezz@cox.net
USS CADMUS (AR 14)	May 12-15	(716) 655-5415	mcaanreunion@yahoo.com
USS CAMBRIA (APA 36)	April 14-17	(703) 660-8602	usscambria@gmail.com
USS CANBERRA (CA 70/CAG 2) - all hands 1943-1970	Oct. 12-16	(740) 423-8976	usscanberra@gmail.com
USS CANOPUS (AS 34/AS 9)	Sept. 8-11	(503) 689-1712	usscanopus@mail.com www.usscanopus.org
USS CARPENTER (DD 825)	April 28 May 2	(256) 351-8552	smokycolors@yahoo.com
USS CASCADE (AD 16)	Sept. 25-30	(866) 340-9219	ldcountry@centurytel.net

USS CHILTON (APA 38)	Oct. 13-16	(757) 588-8802	bagresto@aim.com
USS CLINTON (APA 144)	Oct. 10-14	(409) 945-6148	deape@aol.com
USS CONY (DD/DDE 508)	June 8-12	(863) 307-3187	
USS CROMWELL (DE 1014), USS DEALEY (DE 1006), USS JOHN WILLIS (DE 1027), USS VAN VOORHIS (DE 1028), USS LESTER (DE 1022), USS HARTLEY (DE 1029), USS JOEPH K TAUSSIG (DE 1030), USS COURT- NEY (DE 1021), USS HAMMERBERG (DE 1015)	Sept. 8-11	(508) 248-5072	marc-a@charter.net
USS CRONIN (DE/DEC 704)	May 4-8	(712) 274-8967	usscronin@cableone.net www.usscronin.org
USS DONNOR (LSD 20)	April 28 - May 1	(610) 775-7539	dheimb@1usa.com
USS DUNCAN (DDR 874)	May 1-5		www.militaryreunionplanners.com/Duncan www.ussduncan.org
USS DYESS (DD/DDR 880)	Sept. 24-29	(610) 566-6843	mjlenzi@verizon.net
USS EVERETT F. LARSON (DD/DDR 830)	Oct. 5-9	(937) 633-0040	tnordqu670@aol.com
USS FLETCHER (DD/DDE 992)	Oct. 3-6	(908) 496-8858	jmkobus@hotmail.com www.ussfletcher.org
USS FOX (DLG/CG 33)	June 16-19	(843) 569-0981	habibphil@comcast.net www.ussfox.org
USS GALVESTON (CLG 3)	Sept. 21-25	(866) 398-2655	galveston@comcast.net
USS GENERAL H.W. BUTNER (AT/TAP 113)	May 12-16	(757) 488-2858	jsailorjack@aol.com
USS GENERAL W.A. MANN (APA 112)	April 28-30	(251) 344-8030	
USS GOLDSBOROUGH (DDG 20)	Sept. 11-16	(419) 992-4478	wsbiller@wcnnet.org
USS GRAFFIAS (AF 29)	Sept. 20-25	(256) 812-2023	John_w_morrow@yahoo.com
USS GREENWISH BAY (AVP 41)	Sept. 29 - Oct. 2	(910) 582-3791	ussgreenwichbay@gmail.com
USS GURKE (DD 783)	June 23-26	(408) 263-2836	dd783_reunion@tstephenson.com
USS HANCOCK (CV/CVA 19)	May 10-15	(765) 778-4247	texastom95@aol.com www.reunionproregistration.com/uss Hancock. htm
USS HOLDER (DD/DDE 819/DE 401)	Oct. 6-10	(831) 458-9062	ussholder_dde819@hotmail.com www.ussholder.com
USS HORNET (CV 8, CV 12, CVA 12, CVS 12)	Sept. 14-18	(814) 224-5063	hornetcva@aol.com www.usshornetassn.com
USS HUSE (DE 145)	Oct. 16-19	(561) 368-7167	dbp14@hotmail.com
USS INCHON (LPH/MCS 12)	Oct. 26-30	(717) 203-4152	www.ussinchon.com ussinchon@gmail.com
USS INGERSOLL (DD 652/DD 990)	Sept. 22-25	(619) 435-0338	XO-DD652@earnware.net www.uss-ingersoll-vets.com
USS JAMES E. KYES (DD 787)	Sept. 18-20		rc-navy@comcast.net
USS JASON (ARH 1/AR 8)	June 6-10	(417) 649-6140 (417) 439-3592	sssl@att.net
USS JOHN R. CRAIG (DD 885)	Sept. 7-11	(734) 525-1469	jemail@ameritech.net www.ussjohnrcraig.com
USS KALAMAZOO (AOR 6)	Aug. 11-14	(352) 210-0230	usskalamazoo@gmail.com
USS KASKASKIA (AO 27)	Sept. 15-18	(270) 821-1869	jimbo7426@hotmail.com
USS KENNETH D BAILEY (DD/DDR 713)	May 12-15	(413) 592-1355	blueobblue@aol.com
USS LAKE CHAMPLAIN (CV/CVA/CSV 39)	Oct. 27-30	(607) 532-4735	gcarroll@rochester.rr.com
USS LAWRENCE (DDG 4/DD 250)	June 21-26	(814) 322-4150	www.ussslawrence.com dguts@ussslawrence.com
USS MAURY (AGS 16) & USS SERRANO (AGS 24)	Oct. 20-24	(480) 969-3086	jmww03@cox.net
USS MORTON (DD 948)	May 11-15	(541) 471-2777	kieftmorton66@aol.com
USS MULIPHEN (AKA 61)	Sept. 2011	(813) 685-9477	president @ussmuliphen.com
USS NEW (DD 818)	Oct. 13-16	(806) 570-2450	ussnewdd818@gmail.com
USS NIAGARA FALLS (AFS 3)	June 2-5	(949) 322-0109	en2burrell@gmail.com
USS NIMITZ (CVN 68)	Oct. 26-29	(228) 243-2699	bpaschal@cableson.net www.ussnimitzassociation.org

USS OGLETHORPE (AKA 100)	Sept. 22-25	(908) 475-4435	misty639@embarqmail.com
USS OKLAHOMA CITY Association (CL 91, CLG 5, CG 5, SSN 723)	Aug. 23-30	(800) 998-1228 (480) 998-1112	brian@hcttravel.com
USS OUELLET (FF 1077)	July 21-24		mcass4435@aol.com
USS OZBOURN (DD 846)	Sept. 21-25	(814) 337-3197	kkeene@windstream.net www.ozbourn.org
USS PAWCATUCK (AO 108)	May 9-12	(623) 214-9835	dwshs53@aol.com
USS PURDY (DD 734)	April 13-17	(610) 433-4787	chiefdi@juno.com
USS RANDOLPH (CV/CVA/CVS 15)	Sept. 11-18	(321) 454-2344	
USS RANGER (CVA/CV 61)	Sept. 14-17	(619) 449-2475 (203) 453-4279	menfitz@att.net uss.ranger@yahoo.com
USS RANKIN (AKA/LKA 103)	Oct. 6-9	(412) 367-1376	ussrankin@aol.com
USS RATON (SS/SSR/AGSS 270)	Sept. 7-11	(360) 697-2842	ratonagss270@hotmail.com
USS RAZORBACK (SS 394), USS REDFISH (SS 395), USS RONQUEL (SS 396)	Sept. 12-16	(864) 446-8561	rjpressly@wctel.net
USS RICHARD L. PAGE (DEG/FFG 5)	May 19-22	(603) 986-4661	pagedegffg5@yahoo.com
USS SALISBURY SOUND (AV 13)	Sept. 18-22	(505) 293-3841	brubru@comcast.net salisbury-sound.org
USS SAMPLE (DE/FF 1048)	June 2-5	(702) 771-0606	nachomoms@yahoo.com
USS SIGOURNEY (DD 643)	Sept. 29 - Oct. 2	(410) 974-4043	tincan643@verizon.net
USS SIMON LAKE (AS 33)	Sept. 18-22	(505) 831-3849	uss-simonlake.org
USS SPROSTON (DD/DDE 577)	Sept. 14-18	(412) 262-4802	suchyk24@yahoo.com www.sproston.com
USS STODDARD (DD 566)	Sept. 28 - Oct. 1	(573) 547-8523	cjrauh@ltd.net
USS TARAWA (CV/CVA/CVS 40)	April 28 - May 1	(401) 539-1149	
USS THEODORE E. CHANDLER (DD 717)	Sept. 22-25	(575) 748-3909	plumber@pvt.net
USS THOMAS C. HART (DE/FF 1092)	July 27-31	(804) 748-2951	twosouls1life3@verizon.net
USS TIRU (SS 416)	Aug. 18-21	(269) 429-1039	usstiru.org 2011reunion@usstiru.org
USS TOLOVANA (AO 64)	Oct. 2011	(714) 892-8025	joemooreao64@yahoo.com
USS TUNNY (SS/SSG/APSS 282, SSN 682)	Oct. 19-23	(248) 685-3180	lashcraft@comcast.net gerryyoung@comcast.net
USS WALKE (DD 416/DD 723)	Oct. 16-21	(920) 788-4916	rwilliamson@new.rr.com
USS WARRINGTON (DD 843)	Sept. 21-25	(916) 791-6700	stashuman843@msn.com
USS WASP (CV/CVA/CVS 18), USS HOBSON (DD 464/ DMS 26)	April 29 - May 4	(716) 649-9053	
USS WINDHAM BAY (CVE 92)	Aug. 24-27	(210) 495-4845	windhambay@aol.com
USS WORDEN (DLG/CG 18)	Sept. 28 - Oct. 2	(717) 733-9223	dlg18@dejazzd.com
USS YOSEMITE (AD 19)	April 27 - May 2	(615) 859-6616	chief5777@comcast.net
VA 176 "Thunderbirds"	Sept. 28 - Oct. 1	(757) 340-1611	sutton1@cox.net
VB 109, VPB 109	Sept. 15-18	(814) 866-6683	
VP 44, VPB 204, VP 204, VPMS 4	Sept. 21-24	(636) 532-0460	www.vp44goldenpelicans.com
VP 48	Sept. 21-25	(724) 255-1007	www.vp48.org
VP 60	July 29-31	(407) 774-7506	limasierra60@gmail.com
VP 65 "Tridents"	May 13-15	(805) 388-8408	aahernandez@verizon.net
VR 7, VR 8	Sept. 7-8	(765) 395-7935	
VS 21 (circa 1953-1962)	Sept. 11-14	(703) 368-8695	skp406@aol.com
VX/VXE 6	May 19-22	(614) 906-6289	jhollern@wowway.com

Retired Activities Office Phone Listing

Arizona

Phoenix, AZ (N&MCRESREDCEN)
(602) 353-3033
0830-1500(Mon-Fri)

California

China Lake, CA (NAVAIRWPASTA)
(760) 939-0978
0900-1100 1300-1500(Mon-Fri)

Lemoore, CA (NAS)

(559) 998-4042
0800-1630 (Mon-Fri)

Point Mugu, CA
(805) 982-1023
0800-1600 (Mon-Fri)

San Diego, CA (CORONADO - NAS)
(619) 437-2780
0900-1200 (Mon-Fri)

San Diego, CA (NAVSTA)
(619) 556-8987
0800-1600 (Mon-Fri)

Seal Beach, CA (NWS)
(562) 626-7152
0900-1500 (Mon-Fri)

Sunnyvale, CA (Onizuka Air
Station-formerly Moffett Field)
(650) 603-8047
0930-1530 (Mon-Fri)

Connecticut

Groton, CT (SUBASE)
(860) 694-3284
0900-1500 (Mon-Fri)

Delaware

Wilmington, DE (N&MCRESCECN)
(302) 998-5194
0800-1630(Mon-Fri)

Florida

Jacksonville, FL (NAS)
(904) 542-2766 Ext 126
0900-1500 (Mon-Fri)

Mayport, FL (NAVSTA)
(904) 270-6600 Ext 122
0730-1600 (Mon-Fri)

Milton, FL (NAS WHITING FIELD)
(850) 623-7177
1000-1300(Wed/Thu)

Orlando, FL (DFAS BLDG)
(407) 646-4204/4262
1000-1400 (Mon-Fri)

Pensacola, FL (NAS)
(850) 452-5990 Ext 3111
0900-1300 (Mon-Fri)

Georgia

Kings Bay, GA (SUBASE)
(912) 573-4512
0730-1630 (Mon/Tue/Wed/Fri)
0900-1630 (Thurs)

Hawaii

Pearl Harbor, HI (NAVSTA)
(808) 474-1999 Ext 6317
0800-1500 (Mon-Fri)

Illinois

Great Lakes, IL (NTC)
(847) 688-3603 Ext 118
0900-1500 (Mon-Fri)

Louisiana

New Orleans, LA (NAVSUPPACT)
(504) 678-2134
0900-1200 (Mon-Fri)

Massachusetts

Quincy, MA (NAVOPSUPPCTR)
(617) 753-4636/26
1200-1600 (Wed/Fri)

Maryland

Bethesda, MD (NNMC)
(301) 295-4120
0930-1530 (Mon-Fri)

Maine

Brunswick, ME (NAS)
(207) 921-2609
0900-1200 (Mon-Fri)

Michigan

Mt. Clemens, MI (SEL ANGB)
(586) 307-5580
0900-1500 (Tue-Fri)

Minnesota

Minneapolis, MN (NAVAIRRESCEN)
(612) 726-9391
1000-1430 (Tue/Thu)

Missouri

St. Louis, MO (NAVOPSUPPCEN)
(314) 263-6443
0930-1330 (Tue/Thur)
1130-1330 Friday

New Hampshire

Portsmouth, NH
(207) 438-1868
1000-1400 (Tue-Thu)

New Jersey

Lakehurst, NJ (NAVAIRENGSTA)
(732) 323-5099
0900-1500 (Wed/Thu)

Nevada

Fallon, NV (NAS)
(775) 426-3333
0730-1600 (Mon-Fri)

New Mexico

Cannon AFB, NM
(578) 784-4679
0800-1600 (Mon/Wed/Fri)

New York

Amityville, NY (AFRESTRGCEN)
(631) 842-6620
0930-1500 (Tue/Thur)
0930-1200 (Wed)
0930-1400 (Fri)

Oregon

White City, OR (VA SORCC)
(541) 353-2111
ext. 3886

Pennsylvania

Willow Grove, PA (NAS JRB)
(215) 443-6033
1-800-773-1569
1000-1500 (Mon-Fri)

Rhode Island

Newport, RI (NAVSTAMPPT)
(401) 841-4089
0900-1200 (Mon-Fri)

S. Carolina

Charleston, SC (NAVWPNSTA)
(843) 764-7480
0800-1630 (Mon-Fri)
Greenville, SC (NAVOPSUPPCEN)
(864) 277-9775 opt 4
1-866-524-6585 Opt 4
0900-1100 1300-1500 (Mon-Fri)

Tennessee

Millington, TN (NAVSUPPACT)
(901) 874-5147
1000-1400 (Tues-Thurs)

Texas

Corpus Christi, TX (NAS)
(361) 961-3113/2372/3722
0800-1230 (Mon/Tue/Thur/Fri)
1300-1500 (Wed)
Ft. Worth, TX (NAS JRB)
(817) 782-5287
0800-1600 (Mon-Fri)
Houston, TX (NAVOPSUPPCEN)
(713) 795-4109/4068
0900-1200 (Tue-Fri)
Kingsville, TX (NAS)
(361) 516-6105/6333
1300-1500 (Mon/Wed/Fri)
San Antonio, TX (NAVOPSUPPCEN)
(210) 225-2997 Ext 119
1000-1400 (Mon-Fri)

Virginia

Dahlgren, VA (NSWC)
(540) 653-1839/3291
1-800-500-4947
0800-1530 (Mon-Fri)
Hampton Roads Regional Office
Norfolk, VA (NAVSTA)
(757) 322-9105
1-800-372-5463
1000-1400 (Mon-Fri)
Little Creek, VA (NAB)
(757) 462-8663
1000-1400 (Mon-Fri)
Norfolk, VA (NAVSTA)
(757) 322-9113
1-800-372-5463
1000-1400 (Mon-Fri)

Washington

Bremerton, WA (NavSta Bremerton)
(360) 476-5116
1-866-572-4341
0900-1330 (Mon-Fri)
Everett, WA (NAVSTA)
(425) 304-3775
1-888-463-6697 opt5 then opt
2 ask for RAO
1000-1300 (Mon-Fri)
Whidbey, Island, WA (NAS)
(360) 257-8054/55
0900-1500 (Mon-Fri)

Wisconsin

Milwaukee, WI (NAVOPSUPPCEN)
(414) 744-9766
0900-1500(Mon-Fri)

Overseas Locations

Guam

NAVACTS
(671)339-7635/333-2056/7/8

Italy

La Maddalena, IT (NAVSUPPACT)
011-390-789-73-6161
DSN: (314) 623-8205
24HRS (Mon-Sun)
Naples, IT (NAVSUPPACT)
011-39-081-811-6550
DSN: (314) 629-6550
1000-1400 (Mon/Thurs/Fri)

Japan

Atsugi, JA (NAF)
Local: 0467-78-5015 Ext 264-4190
011-81-311-764-4190 (fm conus)
DSN: (315) 264-4190
0900-1200 (Tue/Fri)
Sasebo, JA (COMFLEACT)
011-81-611-752-3108 (fm conus)
DSN: (315) 252-3108
1300-1500 (Wed)
Yokosuka, JA (COMFLEACT)
Local: 046-816-9626
011-81-46-816-9626 (fm conus)
DSN: (315) 243-9626
0800-1630 (Mon-Wed/Fri)
0800-1500 (Thurs)

Spain

Rota (NAVSTA)
011-34-956-82-3232 (fm conus)
DSN: (314) 727-2850
1100-1700 (Mon/Wed/Fri)
1100-1500 (Tue/Thurs)

Thailand

JUSMAGTHAI
66-2-287-1036 / 1045 ext. 165
1000-1400 (Mon-Fri)

Updated January 2011

Ready Reference Contact Information

Air Force Retiree Services: (800) 531-7502; www.retirees.af.mil/
Arlington National Cemetery: (703) 607-8000; www.arlington-cemetery.org

Armed Forces Retirement Home: (800) 422-9988; www.afrh.gov
Army & Air Force Exchange Service: (214) 312-2011; www.aafes.com

Army Retired Services: (703)325-9158; www.armyg1.army.mil/retire

Burial at Sea Information: (866) 787-0081; www.npc.navy.mil

Combat Related Special Compensation:
www.donhq.navy.mil/corb/crscb/crscmainpage.htm

DEERS: (800)-538-9552, Fax: (831) 655-8317;
www.tricare.osd.mil/deers

Defense Commissary Agency: www.commissaries.com

DFAS Casualty Assistance Branch: (800) 269-5170; (For Reporting a Retiree's death, press 2)

Fleet Reserve Association: (703) 683-1400; www.fra.org

Gulf War homepage: www.gulfink.osd.mil

I.D. Cards Benefits and Eligibility: (866) 827-5672;

www.npc.navy.mil/commandsupport/PayPersSupport/IDcards

Internal Revenue Service: (800) 829-1040; www.irs.gov

Marine Corps Retired Affairs: (800) 336-4649; www.usmc.mil
(Hover over "Marine Services" then click on "Retired Services")

Medicare: (800) 633-4227. TTY: (877) 486-2048; www.medicare.gov

Military Officers Assoc. of America: (800) 234-6622; www.moaa.org

National Burial Services: (800) 697-6940

NPC Navy Reserve Personnel Management (PERS 9): (866) 827-5672,

www.npc.navy.mil/CareerInfo/ReservePersonnelManagement/

Navy Casualty Assistance: (800) 368-3202

Navy Retired Activities Office: (866) U-ASK-NPC (866-827-5672);

MILL_RetiredActivities@navy.mil;

www.npc.navy.mil/CommandSupport/RetiredActivities

Navy Uniform Shop: (800) 368-4088; www.navy-nex.com/uniform

Navy Worldwide Locator: (901) 874-3388;

www.npc.navy.mil/CommandSupport/NavyWorldWideLocator

Reserve Component SBP: (877) 807-8199

Retiree Dental — Delta Dental: (888) 838-8737; www.trdp.org

Servicemembers Group Insurance (SGLI): (800) 419-1473;

www.insurance.va.gov

Naval Historical Center: (202) 433-2210; www.history.navy.mil

Social Security Administration: (800) 772-1213; www.ssa.gov

TRICARE: www.tricare.mil

TRICARE North: (877) TRICARE (874-2273); www.hnfs.net/
CT, DC, DE, IL, IN, KY, MA, MD, ME, MI, NC, NH, NJ, NY, OH, PA, RI, VT, VA, WI, WV, some zips in IA, MO, TN

TRICARE South: (800) 444-5445; www.humana-military.com:
AL, AR, FL, GA, LA, MS, OK, SC, TN (except 35 TN zips near Fort Campbell), and TX (except the extreme SW El Paso area)

TRICARE West: (888) TRIWEST (874-9378); www.triwest.com:
AK, AZ, CA, CO, HI, ID, IA (except 82 zips near Rock Island), KS, MO (except St. Louis area), MN, MT, ND, NE, NM, NV, OR, DE, SW TX, UT, WA, WY

TRICARE Overseas: (888) 777-8343; www.tricare.mil

TRICARE For Life: (866) 773-0404; www.tricare.mil/tfl

TRICARE mail order pharmacy: (866) 363-8667;

www.tricare.mil/pharmacy

TRICARE retail pharmacy: (866) 363-8779;

www.express-scripts.com

VA: www.va.gov

Regional offices: (800) 827-1000 (overseas retirees should contact the American Embassy/consulate), TDD (800) 829-4833

Insurance:

VA Regional Office and Insurance Center

PO Box 7208 (claims inquiries) -OR-

PO Box 7327 (loans) -OR-

PO Box 7787 (payments)

Philadelphia PA 19101

(800) 669-8477; www.insurance.va.gov

Burial information: (800) 827-1000; www.cem.va.gov

GI Bill: (888) 442-4551; www.gibill.va.gov/

Records:

For replacement DD 214, service records, medical records, award information:

Retired prior to 1995: www.vetrece.archives.gov

Retired after 1995:

Navy Personnel Command

PERS-312E

5720 Integrity Drive

Millington, Tn 38055-3120

Fax requests to: (901) 874-2664

Gray-area reservists: (866) 827-5672

Sister service retiree publications:

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

Army Echoes: www.armyg1.army.mil/rso/echoes.asp

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

Marine Corps Semper Fidelis: www.usmc.mil (hover over "Marine Services," click on "Retired Services," then hover over "Retired Activities" in the left menu and click on "Semper Fidelis Newsletter")

Navy recreation: www.mwr.navy.mil/

Navy Gateway Inns & Suites: <http://dodlodging.net>

ITT: http://www.mwr.navy.mil/mwrprgms/itt_military_special.htm

Pay/SBP Questions: www.dfas.mil

Pay inquiries and update of pay or SBP records in case of death, divorce or remarriage:

Retiree:

Defense Finance and Accounting Service

U.S. Military Retirement Pay

PO Box 7130

London KY 40742-7130

(800) 321-1080, (216) 522-5955

SBP/RSFPP annuitant:

Defense Finance and Accounting Service

U.S. military Annuitant Pay

PO Box 7131

London KY 40742-7131

(800) 321-1080, (216) 522-5955

Retiree Council 2011

The following individuals are your representatives at the upcoming Secretary of the Navy Retiree Council meeting in April.

Name	E-mail	State
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LtCol Ryan	andrew.ryan@navy.mil	SECNAV M&RA
HMCS Conroy	brian.conroy@navy.mil	SECNAV M&RA
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