

## Five Things Veterans, Retirees Should Know

### *From Navy Retired Activities*

1. The TRICARE walk-in customer services at TRICARE Service Centers are eliminated as of April 1. For complete information about this change, go to [www.TRICARE.mil](http://www.TRICARE.mil). If you have questions, please visit [www.tricare.mil/ContactUs/CallUs.aspx](http://www.tricare.mil/ContactUs/CallUs.aspx) for TRICARE contact information.

2. Same Sex Marriage Survivor Benefit Plan's (SBP) open season is effective until June 26. Any person who is married to a same-sex partner may participate in the SBP in the same manner as any other married person. This includes the requirement for spousal concurrence for certain elections. For more details click on the following link: [www.dfas.mil/retiredmilitary/provide/sbp/same-sex-sbp.html](http://www.dfas.mil/retiredmilitary/provide/sbp/same-sex-sbp.html).

3. An up-to-date list of scheduled

military Retired Activities Days (RADs) is always available on the Links for MIL/RET/VETS <http://www.hostmtb.org/default3.htm>.

4. Three new diseases are now attributable to Agent Orange: ischemic heart disease (also known as coronary heart disease); Parkinson's disease; and B-cell leukemia. If you served in Vietnam between 1962-1975 you may be eligible for compensation. Surviving spouses may be eligible, too. You should file a service disability claim if you/your spouse suffered from any of these diseases. For more information, call 1-877-222-VETS (8387), visit your local Veterans Affairs medical facility, or visit [www.publichealth.va.gov/exposures/agentorange](http://www.publichealth.va.gov/exposures/agentorange).

5. There are new ID cards for veterans enrolled in the Veteran's Affairs

(VA) Health Care. VA is introducing a new, secure identification card called the Veteran Health Identification Card (VHIC). VHIC replaces the Veteran Identification Card (VIC). As part of a phased rollout which started Feb. 21, VA began issuing the newly designed, more secure VHIC to newly enrolled and other veterans who were not issued a VIC. In April, VA will begin a replacement effort to automatically mail the more secure VHIC to Veterans who have the old cards. All veterans who are enrolled and have the old card should have their new replacement card by July. For more information, contact the VA at 1-877-222-VETS (8387), visit your local VA medical facility's enrollment coordinator, or go to [www.va.gov/healthbenefits/vhic](http://www.va.gov/healthbenefits/vhic).

## Make ID Card Appointments Online

### *From Pay and Personnel Management*

You may now use the Defense Manpower Data Center's RAPIDS Appointment Scheduler to make appointments for issuance of all military ID cards. This scheduler is more user-friendly and may be accessed at <https://rapids-appointments.dmdc.osd.mil>.

You are highly encouraged to make an appointment. Wait times are dependent on the number of customers currently waiting to receive an ID card or other personnel service.

Individuals with appointments will move directly to the front of the waiting list upon arrival and sign-

ing in. However, walk-in customers are seen on a first-come, first-served basis. Wait times for walk-ins can sometimes be up to two hours on a busy day. To avoid the possible wait, schedule an appointment and be seen within minutes of the scheduled time.

### **Cancelling or rescheduling appointments**

Customers will need to know their confirmation number to cancel or reschedule an appointment. Keep a copy of the appointment confirmation page. If a customer is more than five minutes late for an appointment, they will need to reschedule or sign-in as

————— See ID Page 2

## TDRL Responsibilities

Are you a military veteran who has been placed on the temporary retirement list? Have you updated your contact information while attached to the program? Did you know you must attend an initial six-month evaluation if you have been assigned a Post-Traumatic-Stress Disorder-related condition, and again at 18, 36 and 54-month intervals? For more information about the Temporary Disability Retirement List (TDRL), please contact the Navy Personnel Command Customer Service Center at 1-866-U-ASK-NPC (1-866-827-5672) or leave a message on the Navy Detailers Facebook page at [www.facebook.com/NavyPersonnelCommand](http://www.facebook.com/NavyPersonnelCommand).

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## Shift Colors

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## ID from Page 1

a walk-in customer.

### Identification credentials

All customers who are 21 and older must have two, unexpired forms of ID to get a new ID card made. One of them must be a state or government issued photo ID. This applies to everyone.

### Lost or stolen ID cards

Customers will need two forms of identification in order to receive a new or replacement ID. The primary ID must be an unexpired photo ID.

### Adding a spouse to DEERS

When adding a spouse to DEERS, the sponsor needs to bring the following documents for their spouse: marriage certificate, birth certificate, social security card and a photo ID. All documents must be originals or certified copies.

All marriages must be added to the DEERS system with both the sponsor

and the new spouse present. If this is not possible, the sponsor will need to give power of attorney to their spouse. This will allow the spouse to enroll themselves into the DEERS database.

If the spouse is a foreign national, marriage certificate, valid passport and birth certificate in English translation are required.

### Dependent ID cards

For dependent ID cards, the sponsor must be present to sign the DD Form 1172. If not available, the dependent must have a previously signed 1172 (within 90 days of signature) signed by their sponsor and the Verifying Official/Site Security Manager (VO/SSM) or a power of attorney.

### Adding children to DEERS

When adding a child to DEERS, the sponsor must have the following docu-

ments for the child: birth certificate and social security card (except for newborns). If a stepchild is being added, the marriage certificate is also needed. Documents must be originals or certified copies.

### University/college students

All university and college students must bring a letter from their school registrar's office stating they are enrolled full time in an accredited school in pursuit of an associate's degree or higher; and two other forms of ID to have dependent benefits extended to age 23.

### Other

For all military identification cards, appropriate civilian attire is required for dependents, retired, USNS Mariners, DoD civilian personnel and contractors.

# SSA Offers New Expedited Disability Process for Veterans

Carolyn W. Colvin, Acting Commissioner of Social Security, along with Congressman John Sarbanes (D-MD) recently unveiled a new initiative to expedite disability claims by veterans with a Department of Veterans Affairs (VA) disability compensation rating of 100 percent Permanent & Total (P&T). Under the new process, Social Security will treat these veterans' applications as high priority and issue expedited decisions, similar to the way the agency currently handles disability claims from Wounded Warriors.

"Our veterans have sacrificed so much for our country and it is only

right that we ensure they have timely access to the disability benefits they may be eligible for and deserve," said Colvin. "Social Security worked with Veterans Affairs to identify those veterans with disabilities who have a high probability of also meeting our definition of disability. I am proud of our collaboration and happy to announce this new service for America's vets."

In order to receive the expedited service, veterans must tell Social Security they have a VA disability compensation rating of 100 percent P&T and show proof of their disability rating with their VA Notification Letter.

The VA rating only expedites claims processing but does not guarantee an approval for Social Security disability benefits. These veterans must still meet the strict eligibility requirements for a disability allowance.

Social Security plans to launch the expedited process in mid-March.

For information about this service, please visit [www.socialsecurity.gov/pgm/disability-pt.htm](http://www.socialsecurity.gov/pgm/disability-pt.htm).

For more about the Social Security Administration's handling of Wounded Warrior's disability claims, please visit [www.socialsecurity.gov/wounded-warriors](http://www.socialsecurity.gov/wounded-warriors).

## 'my Social Security' Account Allows You to Check Benefits, Manage Info

At each stage of your life, [my Social Security](http://www.socialsecurity.gov/my) is for you. Your personal online [my Social Security](http://www.socialsecurity.gov/my) account is a valuable source of information beginning in your working years and continuing throughout the time you receive Social Security benefits.

If you receive benefits or have Medicare, you can:

- Use a [my Social Security](http://www.socialsecurity.gov/my) online account to:
- Get your [benefit verification letter](#);
- Check your benefit and payment information and your earnings record;
- [Change your address](#) and phone number; and
- [Start or change direct deposit](#) of your benefit payment

If you do not receive benefits, you can:

- Use a [my Social Security](http://www.socialsecurity.gov/my) online account to get your Social Security Statement, to review:
- Estimates of your retirement, disability, and survivors benefits;
- Your earnings record; and
- The estimated Social Security and Medicare taxes you've paid.

How do I create a [my Social Security](http://www.socialsecurity.gov/my) Online account?

To create an account, you must provide some personal information about yourself and give answers to some questions that only you are likely to know. Next, you create a username and password that you will use to access your online account. This process protects you and keeps your personal Social Security information private.

You must be able to verify some information about yourself and:

- Have a valid e-mail address,
- Have a Social Security number,
- Have a U.S. mailing address, and

- Be at least 18 years of age.

You can create an account only to gain access to your own personal information. You cannot use this online service to access the records of a person:

- With whom you have a business relationship;
  - For whom you are a representative payee; or
  - For whom you are an appointed representative.
- Unauthorized use of this service may subject you to criminal or civil penalties, or both.

You may sign in or create an account to access your [own personal information only](#). Unauthorized use of this service is a misrepresentation of your identity to the federal government and could subject you to criminal or civil penalties, or both.

To get started, visit the Social Security website at <http://www.ssa.gov/myaccount/>



Photo by Mass Communication Specialist 1st Class RJ Stratchko

**The multipurpose amphibious assault ship USS Bataan (LHD 5) transits the Atlantic Ocean.**

# Free Tax Return Preparation for Elderly, Disabled

## Courtesy IRS

The IRS Volunteer Income Tax Assistance (VITA) and the Tax Counseling for the Elderly (TCE) Programs offer free tax help for taxpayers who qualify.

The VITA Program generally offers free tax help to people who make \$52,000 or less and need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals in local communities. They can inform taxpayers about special tax credits for which they may qualify such as Earned Income Tax Credit, Child Tax Credit, and Credit for the Elderly or the Disabled. VITA sites are generally located at community and neighborhood centers, libraries, schools, shopping malls, and other convenient locations.

The [TCE Program](#) offers free tax help for all with priority assistance to people who are 60 years of age and older, specializing in questions about pensions and retirement issues unique to seniors. IRS-certified volunteers who provide tax counseling are often retired individuals associated with non-profit organizations that receive grants from the IRS.

Interested in becoming a VITA or TCE volunteer?

Visit the [Volunteer Page](#) to find how you can learn to prepare taxes and make a difference at the same time.

**Self-Help Tax Preparation**  
In addition to traditional face-to-face tax preparation, the IRS is offering a self-assistance service at many VITA and TCE locations. If individuals have a simple tax return and need a little help or do not have access to a computer, they can visit one of the participating tax preparation sites and an IRS-certified volunteer will guide them through the process.

## [Find a VITA Site Near You](#)

There are thousands of VITA sites located across the country. You may find a site near you between January

and April using the [VITA Locator Tool](#) or call 1-800-906-9887.

## [Find a TCE or AARP Tax-Aide Site Near You](#)

A majority of the TCE sites are operated by the AARP Foundation's Tax Aide Program. To locate the nearest TCE site or AARP Tax-Aide site between January and April use the [AARP Site Locator Tool](#) or call 888-227-7669.

## Items you need to bring

To have your tax return(s) prepared at a VITA or TCE site you need to bring the following information with you:

- Proof of identification, picture ID
- Social Security Cards for you, your spouse and dependents or a Social Security Number verification letter issued by the Social Security Administration or
- Individual Taxpayer Identification Number (ITIN) assignment letter for you, your spouse and dependents
- Proof of foreign status, if applying for an ITIN
- Birth dates for you, your spouse and dependents on the tax return
- Wage and earning statement(s) Form W-2, W-2G, 1099-R, 1099-Misc from all employers
- Interest and dividend statements

from banks (Forms 1099)

- A copy of last year's federal and state returns if available
- Proof of bank account routing numbers and account numbers for Direct Deposit, such as a blank check
- Total paid for daycare provider and the daycare provider's tax identifying number (the provider's Social Security Number or the business Employer Identification Number) if appropriate

To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms.

It is extremely important that each person use the correct Social Security Number. The most accurate information is usually located on your original Social Security card. If you do not have an SSN for you or a dependent, you should complete Form SS-5, Social Security Number Application. This form should be submitted to the nearest Social Security Administration Office.

If you or your dependent is not eligible to get a Social Security Number, you may need an [Individual Taxpayer Identification Number \(ITIN\)](#).



Photo by Mass Communication Specialist Seaman Pasquale Sena

**Aviation Ordnanceman 2nd Class Rodolfo Ojeda, assigned to the "Gun-slingers" of Strike Fighter Squadron (VFA) 105, performs maintenance on a 20mm M61 Vulcan Gatling gun from an F/A-18E Super Hornet in the hangar bay of the aircraft carrier USS Harry S. Truman (CVN 75).**

## Retired Pay Information *Courtesy DFAS*

DFAS is your partner in handling your military retired pay account and we want to give you all the tools and information you need to manage your financial affairs.

The DFAS channel on YouTube has more than two dozen videos to help you maintain your retired pay account. The following YouTube videos will help you learn how to manage your account and even get a 1099R.

- DFAS on YouTube: <http://www.youtube.com/user/WePayDoD>
- Managing Your Account: <http://www.youtube.com/watch?v=m9SZRzhRV0E>
- Ins and Outs of Retired Pay: Who to Contact? <http://www.youtube.com/watch?v=GNHE7GnXRFI>
- Ins and Outs of Retired Pay: How to Get a 1099-R: <http://www.youtube.com/watch?v=stg8hAONmF0>

DFAS is planning some improvements to their website to make it easier to find information, and to give you a communication guide. The revisions to the website will provide you with more information in an easy-to-find format.

## Notify DFAS of Life-Changing Events

### *Courtesy DFAS*

As you move through your retirement years, make sure you keep DFAS informed whenever anything changes that could affect your retired pay. You should make sure your contact information and check payment information in **myPay** are always current. If you experience a life-changing event, make sure you contact DFAS directly at Retired and Annuitant Pay to let them know.

The following are examples of life-changing events you should notify DFAS about, and the parentheses describe how these events could impact your account:

- **Marriage** (SBP, arrears of pay beneficiary, federal income tax)
- **Divorce** (SBP, arrears of pay beneficiary, federal income tax)
- **Death of a spouse** (SBP, arrears of pay beneficiary, federal income tax)
- **Birth of a child** (SBP, arrears of pay beneficiary, federal income tax)
- **Moving to a new place of residence**, even if just for the winter months (general correspondence delivery, 1099-R and retiree account statement mailing, state

income tax withholding)

- **Opening, changing or closing a bank account** (net pay and allotment direct deposit)
- **Changing your e-mail address stored in myPay** (myPay account change notifications, retiree newsletters, myPay notifications for 1099-R and retiree account statement availability)
- **Paying off and/or closing an insurance policy** (net pay and allotment direct deposit)
- If you keep your information current in **myPay** and submit the appropriate paperwork when a life-changing event occurs, you will help DFAS improve the service provided to you and your loved ones.

Report life-changing events to:

DFAS  
U.S. Military Retired Pay  
P.O. Box 7130  
London, KY 40742-7130

You can also FAX information to: 800-469-6559, or call the DFAS Customer Care Center: 800-321-1080, option 1.

## Tips to Follow When Making a Bank Account Change

### *Courtesy DFAS*

Follow the steps below to avoid missing or incorrect payments. If you've switched banks accounts and need to have your pay deposited to your new account, you can make the change online or by mail.

Either way, please use these two tips to avoid disruptions in your pay:

- Only close your old bank account after you have received one monthly payment to your new account.
- Please allow 30 to 45 days for your change to be processed and

your retired pay account to be updated with your new banking information.

### **myPay**

The quickest and easiest way to change your direct deposit bank account is through myPay because it is the official online account management system for military members and retirees. Login at [www.mypay.dfas.mil](http://www.mypay.dfas.mil) and click "Direct Deposit" on the Main Menu.

### **Mail**

If you can't use myPay, complete a [FMS 2231](#), direct deposit enrollment

form, and send it to:

Retirees:  
DFAS  
US Military Annuity Pay  
P.O. Box 7130  
London, KY 40742-7130  
Fax: 800-469-6559

Annuitants:  
DFAS  
US Military Annuity Pay  
P.O. Box 7131  
London, KY 40742-7131  
Fax: 800-982-8459

# New Online GI Bill Comparison Tool Available

The Department of Veterans Affairs (VA) has launched an online [GI Bill Comparison Tool](#) to make it easier for veterans, service members and dependents to calculate their Post-9/11 GI Bill benefits and learn more about VA's approved colleges, universities and other education and training programs across the country.

"We are pleased that Post-9/11 veterans are taking advantage of this significant benefit program," said Under Secretary for Benefits Allison A. Hickey. "The new GI Bill Comparison Tool will help future beneficiaries as they make decisions about what education or training program best fits their needs."

The GI Bill Comparison Tool provides key information about college affordability and brings together information from more than 17 different online sources and three federal agencies, including the number of students receiving VA benefits at each school.

The GI Bill Comparison Tool is one item in a series of resources VA is launching in response to President Obama's Executive Order 13607, which directs agencies to implement and promote "Principles of Excellence" for education institutions that interact with Veterans, Servicemembers and their families; and to ensure beneficiaries have the information they need to make educated choices about VA education benefits and approved programs. Recently, VA also instituted a GI Bill online complaint system, designed to collect feedback from veterans, Service members and their families who are experiencing problems with educational institutions receiving funding from federal military and veterans educational benefits programs, including benefits programs provided by the Post-9/11 GI Bill and the DoD Military Tuition Assistance Program.

The executive order, signed April 27, 2012, directs federal agencies to

provide meaningful cost and quality information on schools, prevent deceptive recruiting practices and provide high-quality academic and student support services. VA works closely with partner institutions to ensure the needs of GI Bill beneficiaries are met. More than 5,000 educational institutions have agreed to the Principles of Excellence.

The Post-9/11 GI Bill is a comprehensive education benefit created by Congress in 2008. In general, veterans and service members who have served on active duty for 90 or more days since Sept. 10, 2001 are eligible. Since 2009, VA has distributed over \$30 billion in the form of tuition and other education-related payments to more than one million veterans, service members and their families, and to the universities, colleges and trade schools they attend.

The GI Bill Comparison Tool can be found at: <http://benefits.va.gov/gibill/comparison>.

## Opioid Research Early Promise in Reducing Use for Chronic Pain

*Courtesy VA*

The Department of Veterans Affairs (VA) has initiated a multi-faceted approach to reduce the use of opioids among America's veterans using VA health care. The Opioid Safety Initiative (OSI) is a comprehensive effort to improve the quality of life for the hundreds of thousands of veterans suffering from chronic pain.

Launched in October 2013 in Minneapolis, Minn., OSI is already demonstrating success in lowering dependency on this class of drugs. At eight sites of care in Minnesota, OSI practices have decreased high-dose opioid use by more than 50 percent. OSI incorporates the team approach with the goal of reducing opioid use by alleviating a veterans' pain using non-prescription methods. There is an emphasis on patient education, close patient monitoring with frequent feedback and Complementary and Alternative Medicine practices like acupuncture.

"We have developed and implemented joint pain management guidelines which encourage the use of other medications and therapies in lieu of habit-forming opiates," said Secretary of Veterans Affairs Eric K. Shinseki. "Early results give us hope that we can reduce the use of opioids for veterans suffering with chronic pain and share these best

practices across our healthcare networks."

The Opioid Safety Initiative faces the challenge of opioid dependency with an innovative and comprehensive plan that closely monitors VA's dispensing practices system-wide and coordinates pain management to include patient and provider education, testing and tapering programs, and alternative therapies like acupuncture and behavior therapy.

Veterans enrolled in the VA health care system suffer from high rates of chronic pain. Each VA facility employs personnel including Interdisciplinary Pain Medicine Specialty Teams and Consult Services, Facility Pain Committees, Pharmacy staff and Primary Care/PACT, and other professionals to accomplish the goals and objectives of the OSI.

VA has developed patient management initiatives including Pain Coach, which is a pain management app available for download by patients receiving pain management treatments, a veterans' health library, including a patient/family management toolkit, and resources for pain management on My HealtheVet. All of these applications allow veterans to better manage their pain without the use of opioids.

For further information, veterans should contact their primary care health team. To learn more about VA health care, visit [www.va.gov](http://www.va.gov).

# Dental Program Open for New Enrollments

## *Courtesy TRICARE*

The TRICARE Retiree Dental Program (TRDP) offers comprehensive dental coverage to all enrolled members. Available to retired service members and their family, retired National Guard and Reserve members and their family, Medal of Honor recipients, their family and survivors, TRDP is currently open for enrollment.

TRDP covers diagnostic and preventive services, like exams and cleanings at 100 percent. Emergency services and basic restorative services, like fillings, are covered at 80 percent. The annual deductible is \$50 per person, each benefit year, and \$150 per family per benefit year. The annual maximum benefit is \$1,300 per person per year for enhanced enrollees; this is an increase of \$100 from last year. The annual maximum for orthodontia increased from \$1,500 to \$1,750. For more information, visit [www.tricare.mil/Dental/TRDP/Costs](http://www.tricare.mil/Dental/TRDP/Costs).

Eligible beneficiaries can enroll

online through the Beneficiary Web Enrollment website (BWE), [www.dmdc.osd.mil/appj/bwe](http://www.dmdc.osd.mil/appj/bwe) or go to [www.trdp.org](http://www.trdp.org) to print, complete and mail in a TRDP enrollment application.

To enroll on the BWE website, beneficiaries will need a common access card (CAC), Defense Finance and Accounting Service or Family PIN. Enrollees may be asked to enter information to establish an electronic funds transfer (EFT) method for payment of their monthly premiums, but EFT is not an option for the TRDP so enrollees should not enter anything in that section.

Federal law requires that TRDP premiums be deducted automatically through a monthly allotment from retirement pay. EFT is available only as an alternative method of payment for beneficiaries who do not receive retired pay or whose retired pay is insufficient to cover the allotment amount. For those eligible to pay TRDP monthly premiums by EFT, visit [www.trdp.org](http://www.trdp.org).

[www.trdp.org](http://www.trdp.org) to download the EFT authorization form.

There is a 12-month commitment for initial enrollments. After a year, beneficiaries can decide to continue on a month-to-month basis as long as they haven't added additional family members to the plan. If a beneficiary and spouse are already enrolled, adding a child or any other family member resets the 12-month period.

Retirees who enroll in TRDP within four months of their retirement date have immediate access to the full benefit package. If they miss that four-month window, there is a 12-month waiting period for coverage of more advanced services such as crowns, bridges and implants.

Delta Dental of California manages the TRICARE Retiree Dental Program. Beneficiaries can register at [www.trdp.org](http://www.trdp.org) to access several online features such tracking claims, and adding or removing family members. For information, visit [www.tricare.mil/TRDP](http://www.tricare.mil/TRDP).

## Calculate Savings: New TRICARE Pharmacy Calculator Debuts

### *Courtesy TRICARE*

TRICARE.mil features a new tool that lets beneficiaries calculate how much they can save by switching their prescriptions from a retail pharmacy to TRICARE Pharmacy Home Delivery. Visit [www.tricare.mil/pharmacy](http://www.tricare.mil/pharmacy) to use the calculator and see the savings!

The Pharmacy Calculator lets beneficiaries enter the number of brand name and generic medications they are currently filling at a retail pharmacy and see right away how much money they can save moving those medications to Home Delivery. A 30-day supply of medication at a retail pharmacy has a copayment of \$17. Prescriptions through Home Delivery can be filled for up to 90-days at a cost of \$13. In many cases, beneficiaries can save

themselves hundreds of dollars every year on their prescription copays.

Home Delivery works for "maintenance" medications, which are those taken regularly for a chronic condition over a long period of time. Many beneficiaries have to take several different maintenance medications to treat their health conditions, multiplying their savings from making the switch.

Switching to the convenience of Home Delivery is easy, and beneficiaries can sign up through e-prescribing from their doctor, or by calling, mailing or having their doctor fax their prescription to Express Scripts, the TRICARE pharmacy contractor. Call 877-363-1303 or visit [www.tricare.mil/homedelivery](http://www.tricare.mil/homedelivery) to get started today.

## ER or Urgent Care: Making the Decision

### *Courtesy TRICARE*

When we're in pain or sick, it can be hard to determine if you need to go to the emergency room, an emergency center, or an urgent care center. It's important to make that distinction because the wrong choice will cost time and money.

Generally, if a condition is threatening to life, limb or eyesight, or the beneficiary needs relief from pain, it is considered an emergency and calls for a trip to the emergency room. Beneficiaries who seek care at emergency centers need to ask if it is affiliated with a hospital-based emergency department.

Learn more about emergency care under TRICARE at [www.tricare.mil/emergency](http://www.tricare.mil/emergency).

# Navy Parachute Team Releases 2014 Schedule

*By Mass Communication Specialist  
1st Class Fletcher Gibson  
Navy Parachute Team Public Affairs*

The U.S. Navy Parachute Demonstration Team, the Leap Frogs, has released their full 2014 show season schedule, which includes sporting events, air shows, and Navy-sponsored Fleet Weeks.

The team is scheduled to perform at 28 events in 16 states, ranging from New York to Hawaii.

“We hit the training pretty hard this winter,” said Lt. Dan Gibson, the team’s officer in charge, “and now we’re ready to hit the country and show everyone just what we can do.”

The eight-man team is made up of members of Naval Special Warfare, including a select group of Sea, Air and Land commandos (SEALs) extensively trained in parachuting. The Leap Frogs’ aerial performances demonstrate the high-altitude jumps, in-air maneuverability, and linked-canopy teamwork the team is famous for.

The show season started March 3 with a Joint Military Capabilities Demonstration in New Orleans and wraps up with San Diego’s annual Holiday Bowl game December 29.

“Some of these places are old favorites, and it’s always good to revisit these areas,” Gibson said. “Others we’ve never been to before, or at least not recently, and bring the joy of demonstrating to a whole new audience.”

For more information visit [www.leapfrogs.sealswcc.com](http://www.leapfrogs.sealswcc.com).

## **April 7**

Phillies Home Opener  
Philadelphia

## **April 24-27**

Dallas/Ft. Worth Navy Week  
Dallas

## **April 30 – May 4**

St. Louis Navy Week  
St. Louis

## **May 9**

Padres Vs Marlins

San Diego

## **May 23-25**

Jones Beach Air Show



Photo by Mass Communication Specialist 2nd Class Luke Eastman

**Chief Special Warfare Operator (SEAL) Brad Woodard, a member of the U.S. Navy parachute demonstration team, the Leap Frogs, flies in the Navy SEAL trident flag into Qualcomm Stadium during the opening ceremonies of the Holiday Bowl, Dec. 30, 2013.**

Jones Beach, N.Y.

## **June 6-8**

Pittsburgh Navy Week  
Pittsburgh

## **June 13-15**

Ocean City Air Show  
Ocean City, Md.

## **June 20-22**

Milwaukee Air Show  
Milwaukee, Wis.

## **June 29**

Challenge Triathlon  
Atlantic City, N.J.

## **July 5**

Coke Zero 400  
Daytona Beach, Fla.

## **July 17-20**

Omaha Navy Week  
Omaha, Neb.

## **July 28**

Padres vs. Diamondbacks  
San Diego

## **Aug. 6-7**

Denver Showcase  
Denver

## **Aug. 15-17**

Chicago Air And Water Show  
Chicago, Illinois

## **Aug. 21-24**

Duluth Navy Week

Duluth, Minn.

## **Aug. 30**

Notre Dame vs. Rice  
South Bend, Ind.

## **Sept. 11-14**

Baltimore Navy Week  
Baltimore

## **Sept. 20-21**

Speed Fest  
San Diego

## **Sept. 27-28**

Hickam Air Force Base Air Show  
Oahu, Hawaii

## **Oct. 3-5**

Miramar Air Show  
San Diego

## **Oct. 10-12**

San Francisco Fleet Week  
San Francisco

## **Nov. 11**

Land Of The Free Golf Tournament  
Los Angeles

## **Dec. 13**

Army vs. Navy

Baltimore, Maryland

## **Dec. 29**

Holiday Bowl  
San Diego

# Flying Space-A: What to Know Before You Go

## *Courtesy Military One Source*

For service members, retirees, and their families, traveling Space Available — or Space-A — on military flights can be a great benefit, but you have to be flexible. Military flights are unpredictable and subject to delays and cancellations. You'll need to be ready both financially and emotionally to change your plans at a moment's notice.

## Understanding Space-A travel

Military planes (and planes contracted by the military) have mission assignments throughout the world and often offer empty seats to eligible passengers. Space-A passengers can't reserve seats; available seats are offered to registered passengers before the flight. Here are some things you should know before you try to find a Space-A flight:

**Eligibility.** Available seats are offered to service members, retirees, certain DoD employees and their eligible family members. Guard and reserve members may also travel Space-A, but with restrictions. Eligible family members can travel without their active duty sponsor under certain circumstances, such as Environmental and Morale Leave or when their service member is deployed for more than 120 days.

**Military terminals.** Space-A flights leave from military passenger terminals on installations throughout the United States and around the world. You must sign up for flights on a register maintained at each passenger terminal. Policies and procedures for Space-A travelers vary by installation, so make sure you understand the rules for registration at each terminal from which you are trying to fly. You can find contact information for military terminals at Air Mobility Command (<http://www.amc.af.mil/amctravel/index.asp>) (AMC).

**Flights.** For security reasons, military flight information is not generally published online. The best way to find

out about Space-A flights is to call the passenger terminal and ask. The busiest terminals often have regularly scheduled flights and offer the best opportunity for Space-A seats.

**Costs.** In general, flying Space-A is at no cost to eligible passengers, but some contracted flights charge Space-A passengers a small fee, and you may be required to pay a departure tax if you are traveling internationally. On many flights, meal service isn't provided, but you may have an opportunity to buy a boxed meal before the flight.

## Signing up for a Space-A flight

In order to fly Space-A, eligible passengers must register (sign up) at the military passenger terminal from which they want to depart. Uniformed service members must be on leave or pass status when they sign up.

You can sign up on the terminal's register up to 60 days in advance. You may sign up for more than one destination and at more than one terminal. When you sign up, make sure you have your military ID and leave papers (if necessary). Some terminals accept fax or email sign up, but procedures vary by terminal. For contact information on military passenger terminals, visit AMC [www.amc.af.mil/amctravel/index.asp](http://www.amc.af.mil/amctravel/index.asp). When you get to your destination, be sure to register for a return flight.

Once registered, you are assigned a passenger category. These categories determine how seats are assigned. Within each category, passengers are prioritized based on the date and time they registered. Available seats are assigned first to Category I passengers, continuing through the categories until all empty seats are filled.

**Category I.** Active duty service members and their accompanying families traveling on emergency leave.

**Category II.** Service members and their accompanying family members traveling on EML. This includes

command-sponsored family members who are stationed outside the continental United States.

**Category III.** Service members and their accompanying families traveling on ordinary leave or reenlistment leave status, and unaccompanied family members of service members deployed 365 consecutive days or more. This category also includes service members and their families on house-hunting leave.

**Category IV.** Unaccompanied family members on EML orders and eligible family members of service members deployed 120 days or more.

**Category V.** Students whose sponsor is stationed in Alaska or Hawaii and students enrolled in a trade school within the continental United States when the sponsor is stationed overseas.

**Category VI.** Retirees and their accompanying family members. This category also includes Guard and reserve members who are traveling within CONUS, Alaska, Hawaii and U.S. territories.

For more detailed descriptions, go to DoD Air Transportation Eligibility regulation at <http://www.dtic.mil/whs/directives/corres/pdf/451513r.pdf>.

Make sure you understand what documentation you will need to travel:

Your military ID. A copy of your leave orders, if applicable (for emergency leave, EML or ordinary leave passengers)

Unaccompanied family members of service members who are deployed for 120 days or more need a letter verifying eligibility from the service member's commanding officer

A passport and appropriate visas (if traveling overseas)

DD Form 1853: Verification of Reserve Status for Travel Eligibility <http://www.dtic.mil/whs/directives/infomgt/forms/eforms/dd1853.pdf>, for

See **SPACE-A** Page 12

| Reunion 2014  | Date              | Phone Number                     | E-mail/Web address                                      |
|---|-------------------|----------------------------------|---|
| Destroyer Leaders Association USS NORFOLK (DL 1), USS MITSCHER (DL 2/DDG 35), USS JOHN S MC-CAIN (DL 3/DDG 36), USS WILLIS A LEE (DL 4), USS WILKINSON (DL 5)   | Aug. 26-29        | (401) 635-8860                   | mjbugara@hotmail.com                                    |
| Mine Division 113 Vietnam   | Sept. 18-21       | (651) 455-1876                   | MineDiv113Reunion@msn.com                               |
| Naval Air Station Sanford (all units and squadrons, 1942-1968)  | June 26-29        | (407) 302-2252<br>(407) 430-8599 | Dlfrsf@aol.com  |
| Naval Training Center Bainbridge  | Oct. 2-5          | (540) 345-5826                   | de585@cox.net<br>www.usntcb.org                         |
| USS ABNAKI (ATF 96)   | Aug. 13-17        | (678) 525-7925<br>(319) 431-8552 | donwfries@gmail.com<br>petepilg@aol.com                 |
| USS AGERHOLM (DD 826)   | Oct. 2-5          | (618) 375-6011                   | dab315@frontier.com<br>ussagerholm.org                  |
| USS ALAMO (LSD 33)  | Sept. 25-27       | (314) 954-2060                   | www.ussalamo.com  |
| USS BASILONE (DDE/DD 824)   | Sept. 14-20       | (530) 621-3914                   | jwgoodspeed@gmial.com<br>www.uss-basilone-dde-dd824.org |
| USS BETELGEUSE (AK 260)   | April 24-27       | (843) 343-1653<br>(843-901-9888) | bjcribb@homesc.com                                      |
| USS BEXAR (APA 237)   | Sept. 18-21       | (360) 373-1093                   | ussbexar@comcast.net                                    |
| USS BRYCE CANYON (AD 36)  | Oct. 16-19        | (619) 562-5690                   | thenexx@cox.net   |
| USS CAIMAN (SS 323)   | May 12-15         | (360) 377-4763                   | dbfrider@comcast.net                                    |
| USS CAMBRIA (APA 36)  | May 5-8           | (703) 660-8602                   | usscambria@gmail.com                                    |
| USS CANBERRA (CA 70, CAG 2)   | Oct. 8-12         | (740) 423-8976                   | usscanberra@gmail.com                                   |
| USS CARPENTER (DD 825)  | April 24-28       | (303) 981-5519                   | coyritchie@aol.com                                      |
| USS CHIKASKIA (AO 54)   | April 30 - May 4  | (352) 753-7552                   | bobgrant1942@gmail.com                                  |
| USS CLAUDE V RICKETTS (DDG 5)   | July 25-29        | (603) 986-4661                   | www.thebignickel.org<br>RickettsDDG5@yahoo.com          |
| USS CONSTANT (MSO 427)  | Oct. 3-5          | (816) 689-6019<br>(816) 646-1490 | garyblack427@aol.com                                    |
| USS CONY (DD/DDE 508)   | May 28 - June 1   | (863) 307-3187                   |   |
| USS COURTNEY (DE 1021), USS CROMWELL (DE 1014), USS DEALEY (DE 1006), USS HARTLEY (DE 1029), USS JOHN WILLIS (DE 1027), USS JOSEPH K TAUSSIG (DE 1030), USS LESTER (DE 1022), USS VAN VOORHIS (DE 1028) | Sept. 4-7         | (508) 248-5072                   | marc-a@charter.net                                      |
| USS DONNER (LSD 20)   | May 1-4           | (610) 775-7539                   | dheimb@lusa.com   |
| USS EFFINGHAM (APA 165)   | April 30 - May 4  | (419) 693-9491                   | shaddad15@bex.net                                       |
| USS FAIRVIEW (E-PCE(R) 850)   | April 24-27       | (800) 377-6834                   | fjones@maine.rr.com                                     |
| USS FORREST B ROYAL (DD 872)  | June 19-22        | (715) 423-8905                   | mosbyusn@wctc.net                                       |
| USS GRENADIER (SS 525)  | Sept. 11-14       | (800) 418-9195                   | rcrri@emarbqmail.com                                    |
| USS GURKE (DD 783)  | May 5-8           | (408) 263-2836                   | dd783_reunion@tstephenson.com                           |
| USS HALIBUT (SSGN/SSN 587)  | Oct. 5-9          | (863) 439-2910                   | paulking@tampabay.rr.com<br>www.usshalibut.com          |
| USS HALSEY POWELL (DD 686)  | Sept. 29 - Oct. 3 | (435) 881-6675                   | halsey.powell@comcast.net                               |
| USS HENLEY (DD 762)   | Sept. 3-7         | (949) 362-0146                   | ffabro@sbcglobal.net                                    |
| USS HOLDER (DD/DDE 819, DE 401)   | Sept. 21-25       | (831) 458-9062                   | ussholder_dde819@hotmail.com<br>www.ussholder.com       |
| USS HORNET (CV 8, CV/CVA/CVS 12)  | Sept. 9-14        | (814) 224-5063                   | hornetcva@aol.com<br>www.usshornetassn.com              |

|  |                   |                                  |   |
|--|-------------------|----------------------------------|---|
| USS HULL (DD 945/350)  | Oct. 21-23        | (619) 435-3978                   | www.usshullassociation.org  |
| USS HUNLEY (AS 31)   | Sept. 110-14      | (319) 266-3509                   | jjftkin@netins.net  |
| USS HUNTINGTON (CL 107)  | Sept. 25-28       | (512) 926-7008                   | evolcik@aol.com   |
| USS JOHN PAUL JONES (DDG 32/53, DD 230/932)                                  | April 29 - May 2  | (850) 472-1400                   | mrgto33@comcast.net   |
| USS JOHN R CRAIG (DD 885)  | Sept. 24-28       | (734) 525-1469                   | jemail@ameritech.net<br>www.ussohrcraig.net                             |
| USS JONAS INGRAM (DD 938)  | Oct. 23-26        | (973) 627-7491                   | prpenn@rcn.com  |
| USS KENNETH D BAILEY (DD/DDR 713)  | April 3-6         | (401) 333-1964                   | cpopina@cox.net   |
| USS LAFFEY (DD 724)  | Sept. 28 - Oct. 2 | (856) 423-4263                   | jill.michel@comcast.net<br>www.laffey.org                               |
| USS MADDOX (DD 731/622/168)  | Sept. 10-14       | (262) 679-9409                   | maddox64@aol.com  |
| USS MEREDITH (DD 434/726/890)  | Oct. 29 - Nov. 26 | (740) 774-3894                   | dk62@roadrunner.com   |
| USS MIDWAY (CV 41), USS FRANKLIN D ROOSEVELT (CV 42) squadrons and shipmates | Aug. 23-31        | (859) 689-7001                   | www.squadrons-shipmates-of-the-fdr-midway.com<br>squadronsmates@aol.com |
| USS MISSISSIPPI (EAG 128)  | Sept. 25-28       | (910) 256-6173                   | eag128reunion@yahoo.com   |
| USS MULIPHEN (AKA 61)  | April 30 - May 4  | (813) 685-9477                   | president@ussmuliphen.com   |
| USS PAWCATUCK (AO 108)   | May 4-7           | (410) 329-8154                   | jimfortune43@gmail.com  |
| USS PICKAWAY (APA 222)   | Sept. 18-21       |                                  | sailor@catt.com   |
| USS PURDY (DD 734)   | May 14-18         | (610) 433-4787                   | chiefdi@juno.com  |
| USS RANDOLPH (CV/CVA/CVS 15)   | Sept. 21-28       | (321) 454-2344                   |   |
| USS RENVILLE (APA 227), USS ROCKBRIDGE (APA 228) (and any other APA Sailors) | June 4-8          | (704) 906-7622<br>(513) 481-8317 | lyndarumple07@gmail.com<br>apa227donw@cs.com                            |
| USS SALISBURY SOUND (AV 13)  | Sept. 7-11        | (505) 293-3841                   | brubru@comcast.net<br>salisburyound.org                                 |
| USS SAM HOUSTON (SSBN/SSN 609)   | Sept. 11-13       | (302) 764-1197                   | howardvaldobson@verizon.net<br>www.usssamhouston.org                    |
| USS SCHOFIELD (DEG/FFG 3)  | Sept. 18-21       | (413) 773-3211                   | gunnerfletch@hotmail.com  |
| USS SHADWELL (LSD 15)  | April 30 - May 4  | (419) 693-9491                   | shaddad15@bex.net   |
| USS SHENANDOAH (AD 26)   | Oct. 9-12         | (203) 494-6661                   | tbdurand@att.net  |
| USS STODDARD (DD 566)  | Sept. 24-27       | (573) 225-7959                   | aplapp@ims-1.com  |
| USS TAKELMA (ATF 113)  | Sept. 4-7         | (651) 455-1876                   | richard_rosemary@msn.com  |
| USS TARAUA (CV 40 / LHA 1)   | April 24-27       | (215) 547-0245<br>(765) 362-6937 | walsue@accelplus.net  |
| USS TAYLOR (DD/DDE 468)  | Sept. 21-25       | (804) 212-8911                   | oneillfalm@aol.com  |
| USS TERROR (CM 5)  | Sept. 21-28       | (321) 454-2344                   |   |
| USS TIRU (SS 416)  | Sept. 25-28       |                                  | 2014reunion@usstiru.org<br>usstiru.org                                  |
| USS TURNER JOY (DD 951)  | Aug. 7-10         | (360) 871-9482                   | reasche@aol.com<br>www.ussturnerjoy.com                                 |
| USS WATKINS (DD 723)   | Sept. 14-18       | (920) 788-4916                   | rwilliamson@new.rr.com  |
| USS WALLACE L. LIND (DD 703)   | Oct. 2-6          | (585) 377-1563                   | hdcapple@gmail.com  |
| USS WEXFORD COUNTY (LST 1168)  | Oct. 9-12         | (314) 994-1187                   | wexford.county.reunion@aol.com  |
| USS WHITE MARSH (LSD 8)  | April 30 - May 4  | (419) 693-9491                   | shaddad15@bex.net   |
| USS WHITE PLAINS (AFS 4)   | May 1-4           | (801) 985-3665                   | AFS-4@comcast.net   |
| USS LAKE CHAMPLAIN (CV/CVA/CVS 39)   | Sept. 11-14       | (732) 928-8355                   | goat1964@aol.com  |
| VP 65 Tridents   | May 30 - June 1   | (805) 279-8708                   | arthernandez@roadrunner.com   |
| VRF 31/32  | May 12-15         | (904) 707-5568                   | gadcpa@comcast.net  |

# 2014 Retiree Appreciation Days

## F.E. Warren AFB, WY

April 19  
307-773-3381\2309

## Myrtle Beach, SC

May 1-31  
843-918-1014

## Little Rock AFB, AR

May 3  
501-987-6095

## Watervliet Arsenal, Watervliet, NY

May 3  
518-266-5810

## West Point, NY

May 3  
845-938-4217

## USAG Bavaria (Grafenwoehr), GE

May 9  
0049-09641-83-8709

## JB Elmendorf-Richardson, AK

May 10  
907-384-3500

## Fort Jackson, SC

May 15-17  
803-751-6715\5523

## JB Lewis-McChord, WA

May 16  
253-966-5884\5881

## USAG Ansbach-Katterbach, GE

May 16  
0049-0981-183-3301

## Malmstrom AFB, MT

May 16-18  
406-731-4751\406-866-0683

## Fort Wainwright, AK

May 17  
907-353-2099

## Los Angeles AFB, CA

May 31  
310-653-5144

## Fairchild AFB, WA

June 6  
509-247-5359

## Buckley AFB, CO

June 14  
720-847-9213

## USCG Festival-Grand Haven MI

July 25-Aug. 3  
616-846-5940

## Rosemount, MN

Aug. 15  
507-474-9297

## Des Moines, IA

Aug. 28  
515-277-6113

## Fort McCoy, WI

Sept. 5  
608-388-3716

## Boise, ID (Gowen Field ANG RAD)

Sept. 7  
866-482-7343

## Duluth, MN

Sept. 12  
218-590-3144

## Redstone Arsenal, AL

Sept. 18-20  
256-876-2022

## Selfridge ANG Base, MI

Sept. 20  
586-239-5580

## Camp Lejeune, NC

Sept. 27  
910-451-0287

## Fort Bliss, TX

Sept. 27

915-569-6233\568-5204

## Fort Hamilton, NY

Sept. 27  
718-630-4552

## USAG Benelux, BE

Oct. 4  
0032-65-44-6293

## Kaiserslautern/Ramstein, GE

Oct. 15  
0049-0631-411-8405

## USAG Vicenza, IT

Oct. 17  
0039-0444-71-7262

## Camp Humphreys, KOR

Oct. 18  
010-3176-1696

## USAG Stuttgart, GE

Oct. 23  
0049-07031-15-2010

## Wright-Patterson AFB, OH

Oct. 24  
937-257-3221

## Fort Leavenworth, KS

Oct. 25  
913-684-5583

## Rock Island Arsenal, IL

Oct. 25  
563-445-0191

## USAG Wiesbaden, GE

Oct. 25  
0049-0611-705-7668

## Fort Knox, KY

Oct. 31-Nov. 1  
502-624-4641\4315\1765

## Buffalo Gap (Abilene), TX

Dec. 21  
325-572-3365

## SPACE-A from Page 9

eligible Guard and reserve members)

Plan to arrive at the terminal early. Space-A seats can be released two or three hours before a scheduled flight.

### Traveling Space-A

Space-A travel can be trying. Planning ahead will help things go a little more smoothly.

**Research where to go.** The busiest military passenger terminals will have the most available Space-A seating.

**Figure out when to go.** Try to fly when schools are in session. The busiest times to fly are during holidays and

summer vacation. Visit DoD Education Activity ([www.dodea.edu](http://www.dodea.edu)) for the Department of Defense school calendar.

**Prepare for long delays.** Flights can be delayed for hours or even days. Sometimes flights make unscheduled stops or are rerouted. Be sure to carry plenty of snacks and reading materials. If you are traveling with children, pack extra food and toys.

**Bring cash or credit cards.** You'll want to have enough money to buy a commercial plane ticket home or pay for a hotel room, if necessary. Many

passenger terminals close at night, so you will need to find lodging if you are still waiting for a flight.

**Pack lightly.** Luggage allowance will depend on the type of aircraft. By limiting your luggage, you'll be able to board any available flight to your destination.

**Be flexible.** As a Space-A passenger, you could fly on a comfortable passenger plane or in the cargo hold of a C-130. To get the most out of your trip, you'll need a good attitude and a sense of adventure.

# Retiree checklist: What survivors should know

Shift Colors periodically provides a checklist for retirees and their family members. This checklist is designed to provide retirees and their loved ones with some help in preparing for the future. The checklist is not all-inclusive and should be used with other estate planning tools.

## 1. Create a military file.

- Retirement orders
- DD 214
- Separation papers
- Medical records

## 2. Create a military retired pay file.

- Claim number of any pending VA claims
- Address of the VA office being used
- List of current deductions from benefits
- Name, relationship and address of beneficiary of unpaid retired pay at the time of death
- Address and phone number for DFAS: Defense Finance and Accounting Service  
U S Military Retirement Pay  
Post Office Box 7130  
London, KY 40742 7130  
(800) 321-1080 option #3 (for deceased members)

## 3. Create an annuities file, to include:

- Information about the Survivor Benefit Plan (SBP)  
(Additional information regarding SBP annuity claims can be obtained from the DFAS-Cleveland Center office at 1-800-321-1080.)
- Reserve Component Survivor Benefit Plan (RCSBP)
- Retired Serviceman's Family Protection Plan (RSFPP)
- Civil Service annuity

## 4. Create a personal document file.

- Marriage Records
- Divorce decree
- Adoptions and naturalization papers

## 5. Create an income tax file.

- Copies of state and federal income tax returns

## 6. Create a property tax file.

- Copies of tax bills
- Deeds and any other related information.

## 7. Create an insurance policy file.

- Life Insurance
- Property, accident, liability insurance
- Hospitalization/Medical Insurance

## 8. Maintain a listing of banking and credit information, in a secure location.

- Bank account numbers
- Location of all deposit boxes
- Savings bond information
- Stocks, bonds and any securities owned
- Credit card account numbers and mailing addresses

## 9. Maintain a membership listing of all associations and organizations.

- Organization names and phone numbers
- Membership fee information

## 10. Maintain a list of all friends and business associates.

- Include names, addresses and phone numbers

**11. Hold discussions with your next of kin about your wishes for burial and funeral services.** At a minimum the discussion should include cemetery location and type of burial (ground, cremation or burial at sea). This knowledge may assist your next of kin to carry out all of your desires.

**12. You could also pre-arrange your funeral services via your local funeral home.** Many states will allow you to pre-pay for services.

**13. 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 Navy Mortuary Affairs at (866) 787-0081.

**14. Once your decisions have been made and you are comfortable with them,** have a will drawn up outlining specifics.

**15. Ensure that your will and all other sensitive documents are maintained in a secure location known by your loved ones.**

Organizations to be notified in the event of a retiree death:

1. Defense Finance and Accounting Service, London, KY  
(800) 321-1080
2. Social Security Administration (for death benefits)  
(800) 772-1213
3. Department of Veterans Affairs (if applicable)  
(800) 827-1000
4. Office of Personnel Management (OPM)  
(724) 794-8690
5. Any fraternal group that you have membership with:  
e.g., MOAA, FRA, NCOA, VFW, AL, TREA
6. Any previous employers that provide pension or benefits.

## Feedback

Our office is always looking to improve on how information is provided to the retired Navy community. Please send suggestions to [MILL\\_RetiredActivities@navy.mil](mailto:MILL_RetiredActivities@navy.mil) or:

Department of the Navy  
OPNAV N135F  
Retired Activities Branch  
5720 Integrity Drive  
Millington, TN 38055-6220

# Retired Activities Office Phone Listing

- Arizona**  
Retired Activities Office  
Navy Operational Support Center  
14160 W. Marauder St.  
Glendale, AZ 85309  
(602) 353-3033  
9 a.m. – 1 p.m. (Mon-Fri)
- California**  
Retired Activities Office  
Naval Air Weapons Station  
Code 75H000D  
1 Administration Circle  
China Lake, CA 93555-6100  
(760) 939-0978  
9 a.m. – 3 p.m. (Mon-Fri)  
Retired Activities Office  
Fleet and Family Support Center  
966 Franklin Ave.  
Naval Air Station  
Lemoore, CA 93246-5001  
(559) 998-2977  
10 a.m. 2 p.m. (Thu)  
Retired Activities Office  
Fleet and Family Support Center  
1000 23rd Ave., Bldg. 1169  
Port Hueneme, CA 93043-4301  
(805) 982-1023  
8 a.m. - 4 p.m. (Mon-Fri)  
Retired Activities Office  
Naval Amphibious Base  
3324 Guadalcanal Rd., Bldg. 16  
Coronado, CA 92155  
(619) 437-2780  
9 a.m. - 4 p.m. (Mon-Fri)  
Retired Activities Office  
Navy Base San Diego  
3005 Corbina Alley, Bldg. 259  
San Diego, CA 92136-5190  
(619) 556-8987  
8 a.m. – 4 p.m. (Mon-Fri)  
Retired Activities Office  
Naval Weapons Station Seal Beach  
800 Seal Beach Blvd.  
Bldg. 22 Room 2  
Seal Beach, CA 90740-5000  
(562) 626-7152  
9 a.m. – 3 p.m. (Mon-Thu)  
9 a.m. - Noon (Fri)
- Connecticut**  
Retired Activities Office  
Naval Sub Base, New London  
Building 83, Room 172  
PO Box 93  
Groton, CT 06349-5000  
(860) 694-3284  
9 a.m. – 3 p.m. (Mon & Wed)
- Florida**  
Retired Activities Office  
Naval Air Station, Jacksonville  
Fleet and Family Support Center  
554 Childs St. Bldg. 876  
PO BOX 136  
Jacksonville, FL 32212-0136  
(904) 542-5790  
9 a.m. – 3 p.m. (Mon-Fri)  
Retired Activities Office  
Fleet and Family Support Center  
Naval Air Station Whiting Field  
7511 USS Enterprise St. Bldg. 3025  
Milton, FL 32570-5000  
(850) 623-7215/7177  
8:30 – 11:30 a.m. (Mon & Fri)  
Call for appointment  
Retired Activities Office  
VA Lakemont Campus, Rm. 125  
5201 Raymond St  
Orlando, FL. 32803  
(407) 646-4204/4259/4262  
Retired Activities Office  
Fleet and Family Support Center  
Naval Air Station  
151 Ellyson Ave.  
Pensacola, FL 32508-5217  
(850) 452-5622  
9 a.m. – 1 p.m. (Mon-Fri)
- Hawaii**  
Retired Activities Office  
Fleet and Family Support Center  
850 Ticonderoga St, Suite 100  
Pearl Harbor, HI 96860-5101  
(808) 474-0032  
8 a.m. – 3 p.m. (Mon-Fri)
- Louisiana**  
Retired Activities Office  
Naval Air Station/Joint Reserve Base  
New Orleans, LA 70143-5077  
(504) 678-2134  
9 a.m. - Noon (Mon,Wed-Fri)
- Maine and Vermont**  
Retired Activities Office  
62 Pegasus St., Ste. 101  
Unit B, Box 5  
Brunswick, ME 04011  
(207) 406-4103  
9 a.m. - 1 p.m. (Mon. - Fri.)
- Massachusetts**  
Retired Activities Office  
Naval Reserve Center  
85 Sea St  
Quincy, MA 02169  
(617) 753-4636/26  
9 a.m. - Noon  
Call for appointment
- Michigan**  
Retired Activities Office  
PO Box 450045  
Selfridge Army Nat'l Guard Base  
(586) 239-5580  
(800) 645-9416 x 239-5580  
Email: selfrao@yahoo.com
- Minnesota**  
Retired Activities Office  
Naval Operational Support Center  
5905 34th Ave. South  
Minneapolis, MN 55450  
(612) 713-4664  
10 a.m. – 2 p.m. (Tue & Thu)
- Missouri**  
Retired Activities Office, St Louis  
Naval and Marine Corps Reserve  
Center  
10810 Lambert International Blvd  
Bridgeton, MO 63044-2314  
(314) 524-9553  
Tuesday: 9 a.m. – 1 p.m.  
Friday: 11:30 a.m. – 1 p.m.
- New Hampshire**  
Retired Activities Office  
Portsmouth Naval Shipyard  
Code 866 Bldg. 22  
Portsmouth, NH 03804-5000  
(207) 438-1868  
10 a.m. – 2 p.m. (Tue-Thu)
- New York**  
Retired Activities Office  
25 Baiting Place Lane  
Farmingdale, NY 11735  
(631) 768-3248  
11 a.m. - Noon (Tues & Fri)
- Rhode Island**  
Retired Activities Office  
Naval Station Newport  
Bldg. 690 Peary St.  
Newport, RI 02841-1522  
(401) 841-3030  
9 a.m. - Noon (Mon, Wed-Fri)
- South Carolina**  
Retired Activities Office  
103 Hill Blvd. Bldg. 503, Rm. 122  
Joint Base Charleston  
Charleston, SC 29404  
(843) 963-2228  
9 a.m. - Noon (Mon-Fri)
- Tennessee**  
Retired Activities Office  
Fleet and Family Support Center  
Bldg. 456, First Floor  
NSA Mid-South, Code N 763  
Millington, TN 38054-5000  
(901) 874-5195  
10 a.m. – 2 p.m. (Tue & Thu)
- Texas**  
Fleet And Family Support Center  
3175 Vandenberg Ave.  
Naval Air Station/Joint Reserve Base  
Ft Worth, TX 76127  
(817) 782-5287  
8 a.m. – Noon (Mon, Tue, Wed)
- Virginia**  
Retired Activities Regional Office  
Fleet and Family Support Center  
7928 14th St. Suite 239  
Norfolk, VA 23521  
(757) 445-4380/5950  
(757) 445-5326 (Fax)  
10 a.m. – 2 p.m. (Mon-Fri)  
Retired Activities Office  
Joint Base Little Creek/Fort Story  
1450 D Street  
Norfolk, VA 23521  
(757) 462-8663/7563  
10 a.m. – 2 p.m. (Mon-Fri)
- Washington**  
Retired Activities Office  
Fleet and Family Support Center  
Naval Station Everett  
13910 45th Ave NE, Room 818  
Marysville, WA 98271  
(425) 304-3775/3721  
10 a.m. – 1 p.m. (Mon-Fri)  
Retired Activities Office  
Fleet and Family Support Center  
Bldg. 13  
Naval Air Station  
Whidbey Island  
Oak Harbor, WA 98278  
(360) 257-8054/8055  
9 a.m. – 3 p.m. (Mon-Fri)
- Wisconsin**  
Retired Activities Office  
Navy/Marine Corps Reserve Center  
2401 South Lincoln Memorial Dr.  
Milwaukee, WI 53207-1999  
(414) 744-9766  
9 a.m. – 3 p.m. (Mon-Fri)
- Overseas:**
- Italy**  
Retired Activities Office  
Via De Amicis #16  
07024 La Maddalena  
O. T. Italy  
panzanic@hotmail.com
- Rota, Spain**  
Retired Activities Office  
NS ROTA Community Support  
Bldg. 3293  
PSC 819, Box 57  
FPO AE 09645-5500  
011-34-956-82-3232 (from CONUS)  
1 – 4 p.m. (Mon,Wed,Fri)
- Subic Bay, Philippines**  
Retired Activities Office  
Subic Bay-Olongapo  
#34 National Highway  
Barrio Barretto 2200  
Olongapo City  
PSC 517 Box RS  
FPO/AP 96517-1000  
011-63-47-222-2314  
Cell: 639065705335  
9 a.m. - 3 p.m. (Mon. - Fri.)

# Ready Reference Contact Information

**Air Force Retiree Services:** (800) 531-7502; [www.retirees.af.mil](http://www.retirees.af.mil)  
**Arlington National Cemetery:** (703) 607-8000; [www.arlingtoncemetery.org](http://www.arlingtoncemetery.org)

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

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

**Burial at Sea Information:** (866) 787-0081; [www.npc.navy.mil](http://www.npc.navy.mil)

**Combat Related Special Compensation:**  
[www.donhq.navy.mil/corb/crscb/crscmainpage.htm](http://www.donhq.navy.mil/corb/crscb/crscmainpage.htm)

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

**Defense Commissary Agency:** [www.commissaries.com](http://www.commissaries.com)

**DFAS Casualty Assistance Branch:** (800) 321-1080 or (216) 522-5955; (For Reporting a Retiree's death, option #1)

**Fleet Reserve Association:** (703) 683-1400; [www.fra.org](http://www.fra.org)

**Gulf War homepage:** [www.gulfink.osd.mil](http://www.gulfink.osd.mil)

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

[www.npc.navy.mil/support/paypers/ID\\_Cards/Pages](http://www.npc.navy.mil/support/paypers/ID_Cards/Pages)

**Internal Revenue Service:** (800) 829-1040; [www.irs.gov](http://www.irs.gov)

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

**Medicare:** (800) 633-4227. TTY: (877) 486-2048; [www.medicare.gov](http://www.medicare.gov)

**Military Officers Assoc. of America:** (800) 234-6622; [www.moaa.org](http://www.moaa.org)

**National Burial Services:** (800) 697-6940

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

[www.npc.navy.mil/career/reservepersonnelmgmt/Pages/](http://www.npc.navy.mil/career/reservepersonnelmgmt/Pages/)

**Navy Casualty Assistance:** (800) 368-3202

**Navy Retired Activities Office:** (866) U-ASK-NPC (866-827-5672)  
MILL [RetiredActivities@navy.mil](mailto:RetiredActivities@navy.mil);

[www.npc.navy.mil/support/retired\\_activities/Pages](http://www.npc.navy.mil/support/retired_activities/Pages)

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

**Navy Worldwide Locator:** (866) U-ASK-NPC (866-827-5672);  
[www.npc.navy.mil/organization/npc/csc/Pages/NavyLocatorService.aspx](http://www.npc.navy.mil/organization/npc/csc/Pages/NavyLocatorService.aspx)

**Reserve Component SBP:** (866) 827-5672 ask for PERS-912

**Retiree Dental — Delta Dental:** (888) 838-8737; [www.trdp.org](http://www.trdp.org)

**Servicemembers Group Insurance (SGLI):** (800) 419-1473;  
[www.insurance.va.gov](http://www.insurance.va.gov)

**Naval Historical Center:** (202) 433-2210; [www.history.navy.mil](http://www.history.navy.mil)

**Social Security Administration:** (800) 772-1213; [www.ssa.gov](http://www.ssa.gov)

## TRICARE: [www.tricare.mil](http://www.tricare.mil)

**TRICARE North:** (877) TRICARE (874-2273); [www.hnfs.net/](http://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](http://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:** (877) 988-WEST (9378); [www.uhcmilitarywest.com](http://www.uhcmilitarywest.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](http://www.tricare.mil)

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

**TRICARE mail order pharmacy:** (877) 363-1303;  
[www.tricare.mil/pharmacy](http://www.tricare.mil/pharmacy) [www.express-scripts.com](http://www.express-scripts.com)

## VA: [www.va.gov](http://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) -ORPO

Box 7327 (loans) -ORPO

Box 7787 (payments)

Philadelphia PA 19101

(800) 669-8477; [www.insurance.va.gov](http://www.insurance.va.gov)

**Burial information:** (800) 827-1000; [www.cem.va.gov](http://www.cem.va.gov)

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

## Records:

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

**Retired prior to 1995:** [www.archives.gov/veterans/military-service-records](http://www.archives.gov/veterans/military-service-records)

### Retired

**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

## Navy recreation: [www.mwr.navy.mil](http://www.mwr.navy.mil)

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

**ITT:** <http://navymwr.org/mwrprgms/itt.html>

## Sister service retiree publications:

**Air Force Afterburner:** [www.retirees.af.mil/afterburner](http://www.retirees.af.mil/afterburner)

**Army Echoes:** [www.armyg1.army.mil/rso/echoes.asp](http://www.armyg1.army.mil/rso/echoes.asp)

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

**Marine Corps Semper Fidelis:** [www.manpower.usmc.mil/portal/page/portal/M\\_RA\\_HOME/MM/SR/RET\\_ACT/Semper\\_Fidelis](http://www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MM/SR/RET_ACT/Semper_Fidelis)

## Pay/SBP Questions: [www.dfas.mil](http://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

P.O. 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

P.O. Box 7131

London KY 40742-7131

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

An underwater photograph showing a diver in a yellow shirt and black wetsuit floating upside down. Below, two other divers in full gear are working on a diver lying on the pool floor. The scene is set in a large, clear blue pool with lane lines visible on the bottom.

*Instructors observe a student during training operations at Naval Diving and Salvage Training Center (NDSTC). NDSTC, the largest diving facility in the world, trains more than 1,200 military divers from every branch of service each year.*

*(Photo by Mass Communication Specialist 2nd Class Michael Scichilone)*