Sailors man the rails of the aircraft carrier USS George Washington (CVN 73) as the ship prepares to depart Changi Naval Base in Singapore. George Washington was returning to sea to continue security and stability operations in the western Pacific Ocean.

VA speeds health care apps

Courtesy Veterans Affairs

As part of Secretary of Veterans Affairs Eric K. Shinseki’s effort to streamline access to benefits, the Department of Veterans Affairs (VA) has removed the signature requirement for veterans who electronically submit an online 10-10EZ “Application for Health Benefits.”

“This singular action will reduce days, if not weeks, for veterans who apply online to access their hard-earned medical benefits and upholds the promise to reduce access barriers to needed care for this nation’s veterans,” said Shinseki.

Previously, veterans filling out the online application were required to print a copy, sign it and send to their local medical center or wait for a copy to be mailed to them for signature and mailing before enrollment into the VA healthcare system could occur.

For additional information, go to www.va.gov/healtheligibility or call VA’s toll free number at 1-877-222-VETS (8387). The online form is available at https://www.1010ez.med.va.gov/sec/vha/1010ez/.

New rules for PTSD claims

The Veterans Affairs Department has posted a fact sheet including questions and answers about the new rule governing post-traumatic stress disorder claims.

This new rule, to be published in the Federal Register, relaxes the evidence requirement of certain PTSD stressor claims by veterans. The fact sheet is available online at www.va.gov/PTSD_QA.pdf.

Veterans of any era or conflict can file a claim under the new rule.

“This nation has a solemn obligation to the men and women who have honorably served this country and suffer from the often-devastating emotional wounds of war,” Veterans Affairs Secretary Eric K. Shinseki said.

Medicare rate cut delayed

The President has signed a measure that delays a 21-percent cut in Medicare’s reimbursement rate through Nov. 30. The measure also increases reimbursement rates by 2.2 percent.

Medicare began paying claims at the reduced rate on June 18, but will reprocess affected claims at the new rate. Once Medicare finalizes new reimbursement rates, it takes TRICARE 30 - 60 days to make arrangements to align its reimbursement rates with Medicare as required under the law.
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Shift Colors
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Shift Colors, the newsletter for Navy Retirees (NAVPERS 15886), is published in accordance with Department of the Navy Publication and Printing Regulations. The Secretary of the Navy has determined that this publication is necessary in the transaction of business required by law of the Department of the Navy.

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Members of Cardinal Company march through the streets of St. Louis to Busch Stadium to be sworn into the Navy. This event was part of St. Louis Navy Week 2010. St. Louis Navy Week, Sept. 2-12, is one of 19 Navy Weeks planned across America for 2010. Navy Weeks show Americans the investment they have made in their Navy and increase awareness in cities that do not have a significant Navy presence.
From the Chief of Naval Personnel

Shipmates,

Welcome to the latest issue of Shift Colors.

As our great Navy has changed and evolved throughout our history, so has Shift Colors. You may have noticed, starting with our last edition, that Shift Colors is now delivered electronically instead of to your home address. While we are shifting delivery methods, we are not shifting our commitment to our retirees embodied throughout the 55 year history of this publication.

According to the Pew Research Center, a nonpartisan public research organization focusing on attitudes and trends in America, senior citizens are increasingly turning to the Internet and social media networks, such as Facebook and Twitter, for news and information. That is the future of information delivery and that’s where Shift Colors needs to be to best serve those who served us.

Shift Colors is now located online at www.npc.navy.mil/ReferenceLibrary/Publications/ShiftColors/. There you will find the latest issue of Shift Colors and all its contents. You will also find a separate link to Reunion and Retiree Seminars that are updated frequently.

You can receive Shift Colors automatically via e-mail by signing up at MILL_ShiftColors@navy.mil. You need to include your name, email address (please write it out in the body of the email, it makes it easier to add you to the distribution list), your rank at retirement, if applicable, and your military affiliation (whether or not you’re a retiree, spouse, veteran or a public citizen interested in receiving the newsletter).

The online version of Shift Colors is nothing new; the publication has been online for years with archived issues going back to 2000. The online version provides the same content, but is accessible anywhere there’s an Internet connection. You can also more easily share Shift Colors by simply forwarding it to your friends and family via email. By publishing online, we are better able to serve our retirees by providing the most up-to-date information on issues that matter to you. In this issue, you’ll find a variety of articles from the Defense Finance and Accounting Service, TRICARE, Veterans Affairs and others, as well as the latest reunions and contact information.

Along with helping your fellow Shipmates spread the word about Shift Colors, you can get involved in Navy Safe Harbor through the Anchor program. Safe Harbor provides lifetime support for the non-medical care of the wounded, ill and injured Sailors and Coast Guardsmen and their families.

The Anchor program provides volunteer mentors from the Navy Reserve, retirees and community partners, and act as mentors to provide reintegration support for transitioning wounded, ill and injured Sailors, Coast Guardsmen and their families.

To volunteer, go to the Safe Harbor website at www.safeharbor.navy.mil and click on the “Anchor Program Application” link in the right-hand menu bar under “Related Media.”

Once again, I’d like to thank you for your service. We are the greatest Navy in the world because of our high caliber Sailors, both past and present.

All the best,
Mark E. Ferguson III
Vice Admiral, USN
TRICARE covers some ‘gray area’ retirees

Courtesy of TRICARE

TRICARE Retired Reserve, a new program being launched in the fall, will allow certain “gray area” retired National Guard and Reserve personnel with age 60, the opportunity to purchase TRICARE health coverage. Passage of the National Defense Authorization Act for 2010 provided retired National Guard and Reserve personnel with new TRICARE health coverage options before they reached age 60. Under TRICARE Retired Reserve, TRICARE Standard and Extra coverage will be available for purchase to “gray area” retirees.

Other details involving specific eligibility rules, coverage and costs are still being coordinated and finalized. Those who would like to be among the first to know about final details for TRICARE Retired Reserve are encouraged to sign up for e-mail updates from TRICARE. Visit www.TRICARE.mil/subscriptions and sign up for “Benefit Changes” for “Retired National Guard and Reserve Member.”

VA secretary addresses importance of care for women veterans

By Army Sgt. 1st Class Michael J. Carden
American Forces Press Service

Women in today’s military serve closer to the front lines of combat than ever before, and as they become veterans the Veterans Affairs Department will be ready to handle their care, VA Secretary Eric K. Shinseki said.

Speaking at a forum on women veterans at the Women in Military Service for America Memorial in Arlington, Va., Shinseki underscored the need to improve care for women veterans, citing their military contributions and the complexity of issues women may return with from battle.

“Over time, changes in warfighting doctrine dictate changes about where women serve within the battle space and the kinds of missions they are handed,” he said. “These doctrinal changes will continue to have an impact on women. So, it becomes [VA’s] responsibility to anticipate those changes and prepare for women veterans who will have shaped and lived those changes.”

The community of women veterans is growing, Shinseki said. Women represent almost eight percent of the veteran population, he said, as well as six percent of veterans who use VA health care services. VA officials expect that number to double within 10 years, Secretary Shinseki said.

“We marvel at the courage of women soldiers,” he said. “[Women], like their male counterparts, have long dealt with the after-effects of battle.”

The secretary explained that VA experienced a 20 percent spike in women using the department’s health care system in 2009. In the previous six years, Shinseki said, VA saw a 17-percent increase.

“We are VA, [and] our goal is 100 percent accessibility to veterans who need us,” he said. “We must anticipate and address the challenge faced by women.”

Shinseki said VA’s benefits administration’s regional offices now have women veterans’ coordinators to provide assistance. Also, each of the 144 VA medical centers has full-time women veterans’ program managers, he said.

Also, he noted, VA is streamlining the process for both men and women veterans to receive treatment and benefits for post-traumatic stress.

Shinseki also pointed to research initiatives the VA is undertaking to improve overall care for women. He noted that VA published more articles on the impacts of women serving in the military from 2004 to 2008 than in the previous 26 years combined.

The topics of such research and related conferences include impacts of trauma and combat exposure among women, women veterans’ preferences and health care needs, gender differences in health care for deployed women and women veterans and post-deployment care focused on trauma, mental health and reintegration, he noted.

Women veterans now are more visible in VA publications, marketing materials, posters and messages, Shinseki added.

“We need your insights and your energy to help prepare the way for where we need to be 25 years from now,” he told the group. “This forum should establish a critical agenda for an annual dialogue on women, not only to update us, ... but more importantly to provide us the necessary vectors for women’s programs in the years ahead.”
Woodson pledges to advance military medical system

By Donna Miles
American Forces Press Service

President Barack Obama’s nominee as assistant secretary of defense for health affairs told Congress he’ll strive to improve the medical system that serves military members and their families while putting special emphasis on care for wounded warriors.

Dr. Jonathan Woodson pledged during his confirmation hearing before the Senate Armed Services Committee to draw on his vast experience as a military medical officer and leader, health care administrator, teacher, researcher and physician to tackle the challenges confronting the military health system.

If confirmed as Defense Secretary Robert M. Gates’ top medical advisor, Woodson said he will work collaboratively with other Defense Department components, federal agencies and civilian organizations while striving to advance military health, its mission and its benefits to its beneficiaries.

An Army Reserve brigadier general with more than 20 years of service, Woodson said he looks forward to the opportunity to enhance medical readiness and provide the level of care for the military community.

“I have always been personally inspired by the commitment and dedication of those Soldiers, Sailors, Airmen, Marines and Coast Guardsmen,” he told the Senate panel.

With deployments to Saudi Arabia, Kosovo and the U.S. Central Command area of operations under his belt, Woodson said he will give particular emphasis to improving care for wounded troops.

“The highlight of my career as a surgeon has been caring for the wounded warrior on the battlefield,” he said.

“These talented young men and women who have been asked to shoulder the responsibilities of defending this nation and have suffered the consequences of nearly a decade of war deserve the best medical care, both at home and abroad.”

Woodson said he will work with Congress and other agencies to find the most effective strategies for preventing suicide and preventing and treating post-traumatic stress disorder and traumatic brain injuries.

He said he also looks forward to working with Veteran Affairs Secretary Eric K. Shinseki to streamline the medical evaluation board disability evaluation system and provide smoother transitions when troops transfer from the Defense Department to VA systems.

Woodson paid tribute to the medical professionals “at the heart and soul” of the military health system.

“These true professionals have soldiered alongside their combat-arms colleagues and acted as force multipliers,” he said. “They deserve not only accolades, but real assistance in helping them perform their jobs better and more efficiently.”

Toward that end, Woodson said, he’ll push the introduction of electronic health records that enhance providers’ ability to deliver quality care.

Woodson currently serves as associate dean for diversity and multicultural affairs and associate professor of surgery at the Boston University School of Medicine and senior attending vascular surgeon at the Boston Medical Center.

In his military capacity, he serves as assistant surgeon general for reserve affairs, force structure and mobilization in the office of the surgeon general, and as deputy commander of the Army Reserve Medical Command.

Last chance for stop loss pay

Spread the word that Congress has approved payment to servicemembers who were involuntarily kept on active duty beyond their original discharge date following Sept. 11, 2001. This is commonly known as “stop-loss.” Lawmakers approved back pay of $500 for each month of involuntary service; the average lump-sum due is between $3,500 and $3,800. To get the cash, the deadline for applications is October 21st. Only about a third of those eligible have handed in paperwork. Department of Defense reports approximately 55,000 applications have been submitted of 186,000 eligible. Eligible personnel should visit http://www.defense.gov/home/features/2010/0710_stoploss/, complete and submit DOD Form 2944.

Gearing up...

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74 perform push-ups in full gear during a battalion Readiness Exercise held on Naval Construction Battalion Center, Gulfport, Miss.

Photo by Mass Communication Specialist 1st Class Ryan G. Wilber
New system reduces hassle of getting ID cards

*Courtesy Navy Pay and Personnel Support Center*

Under a new initiative customers can schedule an individual appointment and circumvent the waiting line.

Walk-in customers at ID card facilities can experience wait times of two hours or more during periods of peak demand. Under this new initiative, civil servants and contractors are now filling customer service roles previously handled by active-duty personnel at Personnel Support Detachments (PSD) and Customer Service Detachment (CSD) Defense Enrollment Eligibility Reporting System (DEERS) and Real-Time Automated Personnel Identification System (RAPIDS) sites throughout the United States, Hawaii and Guam. An emphasis on prompt service and customer satisfaction is the focus of this new initiative.

The vast majority of patrons who arrive at a scheduled appointment with proper documentation are in and out in less than 20 minutes.

“With a little bit of planning you can save a lot of time,” said Chuck Sexton, assistant program manager for this initiative with Commander, Navy Installations Command. “DEERS and RAPIDS customers with scheduled appointments normally are seen within minutes of their allotted time. And, making an appointment is fast and easy via the online appointment scheduler located at: http://appointments.cac.navy.mil.”

Having all the necessary documents is key to a successful visit to the ID card office. At a minimum, a valid state- or federal-government-issued picture ID is required and additional documents are often necessary to fulfill certain requests. A listing of required documents can be found on the appointment scheduler website or by calling the local office for clarification. Local office phone numbers are listed on the scheduler website.

Customer service hours are between 7:30 a.m. to 4 p.m. except the Navy Exchanges in Norfolk, Va., and Oak Harbor, Wash., which are open from 9 a.m. to 5:30 p.m. and Patuxent River, Md., Pass & ID with operations between 6:30 a.m. to 3 p.m. Weekend hours vary by location.

For further information such as locating the nearest ID card facility and additional details relating to benefits and eligibility, such as FAQs, go to: http://www.npc.navy.mil/CommandSupport/PayPersSupport/IDCards/.

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**NEED AN ID CARD?**

**PICTURE THIS...**

- SCHEDULE AN APPOINTMENT ONLINE—HTTP://APPOINTMENTS.CAC.NAVY.MIL
- VISIT A LOCAL PSD/CSD DEERS/RAPIDS OFFICE WITH THE PROPER DOCUMENTATION
- GET YOUR ID CARD IN USUALLY LESS THAN 20 MINUTES!

At PSD/CSD DEERS/RAPIDS sites throughout the United States, Hawaii and Guam, the new ICAT21 initiative features an emphasis on prompt service and customer satisfaction. To get in and out (and on with your day), visit http://appointments.cac.navy.mil to schedule your appointment. On the scheduler website, you can check out any required documents you’ll need to bring with you. Local office hours and phone numbers are also listed.

**NEVER WAIT IN LINE FOR AN ID CARD AGAIN...MAKE YOUR APPOINTMENT TODAY!**

http://appointments.cac.navy.mil
Are you a Survivor Benefit Plan (SBP) annuitant who receives Dependency and Indemnity Compensation (DIC) from the Department of Veterans Affairs and who remarried after age 57? If so, a U.S. Court of Appeals decision may benefit you.

On Aug. 26, 2009, the court upheld a decision in the matter of Sharp, et.al. v. the United States. According to the ruling, the Defense Finance and Accounting Service (DFAS) is no longer required to deduct DIC payments from monthly SBP annuities, if a person is entitled to both benefits and has remarried after age 57. The Sharp decision became final on Oct. 19, 2009.

Who is eligible?
SBP annuitants who are also entitled to DIC and who remarried after age 57, if current entitlement to DIC is the result of the remarriage after age 57.

Effective date
The effective date is the date of remarriage, but not earlier than Jan. 1, 2004. Annuitants who remarried after age 57 and before Jan. 1, 2004 may also be entitled, provided the annuitant applied to the VA to restore their DIC before Dec. 16, 2004 and were granted such entitlement.

Timeline
All SBP annuitants who are affected by the ruling are currently being identified.

DFAS is no longer deducting DIC payments from monthly annuities of customers who meet these criteria. These annuitants will receive their full monthly SBP entitlement in addition to the full monthly DIC. The first group of eligible annuitants had their SBP annuity increased for the Feb. 1 payment.

Annuitants who meet the eligibility criteria under the Sharp litigation will no longer receive the Special Survivor Indemnity Allowance (SSIA).

Retroactive payments
In addition to the increased monthly SBP entitlement, some annuitants may be entitled to an additional retroactive annuity payment depending on the date of remarriage. Retroactive payments will be computed after the increased annuity payments are implemented. To determine who is entitled to retroactive payments, we will have to review each account, which will take several months.

Collection of cost refund and SSIA payments
In order to determine whether an annuitant is entitled to a retroactive payment, DFAS must deduct any SBP premium cost refunds issued to an eligible annuitant, but not previously repaid. In addition, any special SSIA payments previously received will reduce the lump sum retroactive annuity payment. If the amount of the retroactive payment is less than the full amount of the cost refund and SSIA payments, the annuitant will be required to repay the balance of the previous cost refund.

DFAS is gathering information to determine which annuitants may be due additional annuity payments. After a thorough review of the accounts, we will notify affected annuitants of the amount of any retroactive SBP annuity payments due or the amount of any prior SBP cost refund that must be repaid. The specific terms for repaying any cost refund debt will be provided at that time.

Federal tax implications
A lump sum retroactive payment is taxable when it is issued. Retroactive payments issued in 2010 are considered taxable income for 2010 and will be reported as such to the Internal Revenue Service.

Annuitants may elect not to have income tax withheld from any lump sum retroactive payment by submitting a completed Form W-4P to DFAS. The completed form must specifically state that it is being submitted to apply to any lump sum retroactive annuity payment they are owed because of the Sharp case. If we do not receive a W-4P indicating “no withholding,” we will withhold 10 percent of the lump sum payment.

Final transit...

The Los Angeles-class attack submarine USS Philadelphia (SSN 690) transits the Thames River after departing Naval Submarine Base New London, Conn., for the final time before retirement from the U.S. Navy fleet. Philadelphia heads to Norfolk Naval Shipyard in Portsmouth, Va, where she will be dismantled, defueled and officially decommissioned.
Treasury Dept. changes savings bond program

**Courtesy Defense Finance and Accounting Service**
The Department of the Treasury has changed its policy concerning the issuance of paper savings bonds through payroll savings plans. After Sept. 30, the U.S. Treasury will no longer issue paper savings bonds to federal employees through payroll deduction. In anticipation of this change, DFAS discontinued bond allotments July 31.

However, you can still purchase savings bonds and other Treasury securities through a deduction from your retired pay by creating a TreasuryDirect account. TreasuryDirect is a secure and reliable on-line system that allows you to purchase Series EE and I savings bonds, Treasury bills, notes, bonds and Treasury Inflation-Protected Securities (TIPS).

To continue your payroll deduction, you must open a TreasuryDirect account by visiting [www.treasurydirect.gov](http://www.treasurydirect.gov). On the TreasuryDirect home page, click “TreasuryDirect” under the “Open an Account” menu on the right side of the page. After following the instructions, you will obtain a unique account number that you can use to review the Treasury securities available for purchase.

Once your account is created, inform DFAS to establish your TreasuryDirect deduction. Be sure to indicate that you want to start a TreasuryDirect allotment, the monthly amount you would like to deduct from your retired pay, the month in which you would like to start your allotment and your Social Security Number. Please mail your request to:

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

You may also call the Retired and Annuitant Pay Contact Center at 1-800-321-1080.

There are several advantages to the TreasuryDirect deduction over the previous paper savings bond deduction plan, such as the ability to monitor your account activity on-line. If however you prefer not to use TreasuryDirect, paper bonds are available for purchase through participating financial institutions. Bonds that DFAS is currently holding for safekeeping for customers are already in an electronic format and will not be affected by this change.

The Treasury expects to save $400 million in taxpayer money and cut the use of 12 million pounds of paper over the first five years the change is in effect.

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DFAS now on Facebook

**Courtesy Defense Finance and Accounting Service**
The Defense Finance and Accounting Service (DFAS) has expanded its online presence with the launch of the agency’s first foray into social networking.

Now available via Facebook, the agency is reaching out to its six million payroll customers, DoD vendors and other interested groups to improve public understanding of DFAS operations, create a better relationship with its customers and enhance its customer service.

According to DFAS officials involved in the creation of the agency’s Facebook presence, not only will the site allow greater exposure to many of the questions and concerns customers have, but will provide another communication tool for the agency to listen to the issues facing its clients and provide answers in a timely and relevant fashion.

Plans call for multiple postings each week addressing such topics as military pay for active duty, reserve and National Guard members; military retired and annuitant pay; federal civilian employee pay; vendor and contractor pay; travel pay; as well as current pay-related issues.


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**DFAS Briefs**

**Concurrent Retirement Disability Pay news**

In June, Concurrent Retirement Disability Pay (CRDP) started being rounded down to the nearest dollar amount, rather than paid to the exact penny.

This change will be applied to all future payments including any future retroactive computations. Because the amounts are less than one dollar, the Defense Finance and Accounting Service (DFAS) will not recoup previous payments that were not rounded down.

The law requires that all amounts computed under Chapter 71 of Title 10, including CRDP, be rounded to the next lower multiple of $1. However, a recent review showed that CRDP was being paid to the exact penny. This change is being made to adhere to the legal requirements for the entitlement.

**Separation pay recoupment resumes**

Voluntary Separation Incentive, Special Separation Benefit and other separation pay recoupment resumed August 2010. Members affected by this recoupment recently received notification letters detailing their repayment plans.

DFAS is required by law to recoup these payments and cannot waive them.

If you would like to accelerate your repayment plan, please call our Customer Contact Center at 1-800-321-1080.

Competitive weld...

Hull Technician 3rd Class Jesse Roberts, assigned to the guided-missile frigate USS Curtz (FFG 38), participates in a welding contest during Surface Line Week 2010. Surface Line Week, hosted by Commander, Naval Surface Force, U.S. Pacific Fleet, is a weeklong series of professional and athletic events designed to boost camaraderie and professionalism among sea and shore commands.

VA approves $2.8M for Gulf War illness research

Courtesy Veterans Affairs

The Department of Veterans Affairs (VA) has approved $2.8 million to fund three new research projects that focus on testing or developing new treatments for illnesses affecting veterans who served in the Gulf War 1990-1991. The research incorporates recommendations of the department’s Gulf War Veterans’ Illnesses Task Force.

“Reaching out to Gulf War veterans is essential to the transformation of VA,” said Veterans Affairs chief of staff John R. Gingrich. “This research is a great opportunity to do something that will improve the care and services these veterans have earned.”

About 697,000 men and women served in operations Desert Shield and Desert Storm from August 1990 to June 1991 during the Gulf War. In the years since they returned, nearly a quarter of these veterans have experienced chronic symptoms such as fatigue, weakness, gastrointestinal problems, cognitive dysfunction, sleep disturbances, persistent headaches, skin rashes, respiratory conditions...
VA reaches out to homeowners affected by Gulf oil crisis

Courtesy Veterans Affairs

Veterans in the Gulf States impacted by the recent oil spill may qualify for delayed mortgage payments if their mortgages are already guaranteed by the Department of Veterans Affairs (VA).

“We are strongly urging mortgage companies to extend every possible forbearance to veterans whose livelihoods have been affected by the oil spill crisis,” said Secretary of Veterans Affairs Eric K. Shinseki.

Shinseki noted that several mortgage companies have already announced plans to waive late payment charges and suspend negative reporting to credit bureaus on affected borrowers. VA is asking all mortgage companies to follow this example.

“Through no fault of their own, many of our veterans are out of work and are struggling to earn an income,” the Secretary said.

VA has information on its website, www.homeloans.va.gov, that provides basic guidance for veterans affected by a major disaster. Veterans in need of mortgage counseling may also contact their nearest VA regional loan center at 1-877-827-3702 for help and information, regardless of whether or not they have a VA home loan.

Contract strategy helps veterans’ small businesses

Courtesy Veterans Affairs

To improve the Department of Veterans Affairs (VA) execution of information technology (IT) projects and to further advance top-priority programs for veterans, Secretary of Veterans Affairs Eric K. Shinseki announced a new contracting strategy to be known as Transformation Twenty-One Total Technology (T4) which is focused on giving veteran-owned small businesses more opportunities to support VA.

Speaking at the annual National Veterans Small Business Conference, Shinseki said, “T4 is a win-win-win strategy: veteran-owned businesses win by getting more contracting opportunities; VA wins by getting the contractor support it needs more quickly, with less risk, reduced costs, and in a more manageable form; and all veterans win by getting better services and support from a transformed VA.”

Shinseki said VA will soon launch a request for proposals for an up to five-year program of multiple awards to firms that will perform as prime contractors or subcontractors to meet the full range of VA’s long-term technology needs. T4 will award up to 15 prime contracts, at least four of which are reserved for service-disabled veteran-owned small businesses and three for veteran-owned small businesses.

The acquisition strategy provides greater opportunity for veteran-owned small businesses to compete as prime contractors. Over the five years, VA anticipates the program may approach $12 billion in support of IT programs. Large firms awarded prime contracts will have very aggressive subcontracting goals for both small and veteran-owned busi-

See BUSINESS Page 13

U.S. Navy Supervisor of Salvage and Diving personnel operate a Vessel of Opportunity Skimming System (VOSS) May 16 aboard the Naval Sea Systems command-contracted offshore supply vessel Seacor Vanguard to mitigate damage from the Deepwater Horizon oil spill.
QDR panel calls for more force structure change

By Donna Miles
American Forces Press Service

The Defense Department must plan to maintain recent additions to the ground forces for the foreseeable future and boost its long-range strike, maritime and cyber capability to confront global trends and threats, the Quadrennial Defense Review Independent Panel told Congress recently.

William Perry and Stephen Hadley, who co-chair the bipartisan panel, told the Senate Armed Services Committee the 2010 QDR needs to go a step further in providing a force-planning construct to shape the Defense Department for the next 10 to 20 years.

They also recommended that Defense Secretary Robert M. Gates establish a new commission on military personnel to reconsider long-standing practices that they called economically unsustainable.

Reporting on the panel’s report, issued July 29, Perry -- who served as President Bill Clinton’s defense secretary -- said the military likely will need to sustain recent end-strength increases in the Army and Marine Corps for the long term as it focuses on building force structure within the Air Force and Navy.

The Air Force has “about the right force structure,” he said, but needs to augment its long-range strike capability. Perry also noted the need to boost the Navy, particularly to sustain free transit in the Western Pacific.

In addition, the Defense Department must be prepared to assist civil departments in the event of a cyber attack, Perry said, recommending that a portion of the National Guard should be dedicated to the homeland security mission.

These requirements come on top of a major recapitalization required of U.S. forces, part of it due to wear and tear on equipment used in Iraq and Afghanistan, he said.

Perry cited the success of the all-volunteer force, but said dramatic cost increases in recent years to support it can’t be sustained long-term.

“We believe we must seriously address those costs, and that failure to do so would lead either to a reduction in force or a reduction in benefits or some way of compromised all-volunteer force -- none of which is desirable,” he said.

Perry recommended that Gates establish a commission to evaluate the TRICARE military health plan and other benefits, expected service lengths, the “up-or-out” policy and other long-standing personnel practices. Among issues the commission should consider, he said, is emphasizing cash upfront instead of future benefits.

While acknowledging that these “are all big issues and all very politically sensitive,” Perry said it’s critical that they be addressed to face the future.

Hadley, President George W. Bush’s national security advisor, reported the five gravest potential threats likely to arise over the next generation: radical Islamic extremism and the threat of terrorism; the rise of new global powers in Asia; the continued struggle for power in the Persian Gulf and greater Middle East; accelerating global competition for resources; and failed and failing states.

Hadley recommended structural and cultural changes within the government so non-military branches can assume a larger role in protecting national interests.

He also recommended that the president and Congress establish a national commission to build the civil force for the future and provide a blueprint so civilian departments and agencies are better postured to deploy overseas and work cooperatively with military forces in insecure security environments.
When Iraqi forces began pouring over the border into neighboring Kuwait, most Americans would have had a hard time finding the country on a map.

Iraqi dictator Saddam Hussein ordered his troops to occupy Kuwait on Aug. 2, 1990 – calling the oil-rich nation Iraq’s “19th province.”

At the top of the Persian Gulf, Kuwait is a strategic country. It is a prominent member of the Organization of Petroleum Exporting Countries. It has one of the highest standards of living in the world. Controlling Kuwait meant that Iraq would significantly increase its share of the world’s oil reserves.

The world was shocked by the Iraqi move, and neighboring Saudi Arabia was alarmed. No one was sure whether Iraq would stop at the border with Saudi Arabia or move forces into some of the most productive oil fields in the world.

A total of 140,000 Iraqi soldiers, supported by 850 tanks, entered Kuwait on Aug. 2. While tensions with Iraq were high, Kuwait had not alerted its forces. Iraqi aircraft bombed Kuwait City and the air bases in the country. Kuwaiti army units launched attacks against the invading forces, but they were far outnumbered, and the ruling family barely was able to escape to Saudi Arabia before Iraqi forces ringed Kuwait City.

Kuwait turned to the United Nations, and the Security Council passed a resolution calling for Iraq to withdraw from Kuwait and asking member nations to work together toward that goal.

President George H.W. Bush ordered American air, sea and ground forces to Saudi Arabia, beginning Operation Desert Shield on Aug. 7, 1990. That day, the Air Force sent 48 F-15 fighters of the 1st Fighter Wing from Langley Air Force Base, Va., to Saudi Arabia, where they immediately began patrolling the Saudi-Kuwait-Iraq border areas. The Navy sent the USS Dwight D. Eisenhower and USS Independence carrier battle groups to the region. The Army and Marine Corps mobilized to send ground forces to Saudi Arabia, with the leading edge of the Army’s 82nd and 101st airborne divisions arriving Aug. 8.

Defense Secretary Dick Cheney and Chairman of the Joint Chiefs of Staff Army Gen. Colin L. Powell began a schedule of near-constant traveling to meet with counterparts around the world.

The troops landed in Saudi Arabia during the hottest time of the year. Anyone who can afford to tries to leave Saudi Arabia in August; the temperatures regularly rise to more than 130 degrees, and the prevailing winds from the Persian Gulf bring humidity. The media were full of pictures of American servicemembers slamming down bottles of water as sweat stained their “chocolate chip” desert camouflage uniforms.

In the United States, Desert Shield necessitated the first major call-up of reserve component forces since the war in Korea. Under an order Bush signed on Aug. 22, National Guard and other reserve-component forces reported for duty.

The coalition commander they reported to was Army Gen. H. Norman Schwarzkopf. The media called him “Stormin’ Norman.” A West Point graduate who had served in Vietnam, Schwarzkopf had been the commander of U.S. Central Command since 1988.

At the time, the Iraqi army was the fourth-largest in the world. American planners stressed the force was battle tested and had a large percentage of combat veterans from the Iran-Iraq War in its ranks. That war – the first launched by Saddam Hussein – lasted from 1980 to 1988, and Iraq held its own against a country three times larger.

At the beginning of August, there was little that would halt any Iraqi offensive into Saudi Arabia. By the middle of the month, air, sea and ground assets had grown. By the end of August, Desert Shield had grown to be able to defeat any attack into Saudi Arabia.

Now the question was: What next?
and mood changes. The symptoms are known collectively as “Gulf War veterans’ illnesses.”

A recent report by the Institute of Medicine’s Committee on Gulf War and Health, “Health Effects of Serving in the Gulf War,” noted that chronic multi-symptom illnesses affect an estimated 250,000 Gulf War veterans. Given the findings, VA is embarking on a national Gulf War veterans’ illness research program to identify and adopt the most effective treatments for veterans.

“Last February, we welcomed Secretary Shinseki’s decision to take a serious look at the disability claims of Gulf War veterans,” said Clarence Hill, national commander of The American Legion. “Now that VA is following through with these important studies of Gulf War illness, which has plagued many of the 700,000 Gulf War veterans for nearly 20 years, The American Legion believes these studies should provide a shared foundation for those veterans who need to be cared for and compensated for their disabilities.”

The first $700,000 will be available Oct. 1.

The studies are expected to take between two to five years to complete, and include:

- A five-year study to evaluate the impact of resistance exercise training (RET) in treating chronic musculoskeletal pain and associated symptoms in Gulf War veterans. The study will evaluate the influence of RET on total physical activity, pain sensitivity and regulation, and brain white-matter tracts. Dane B. Cook, Ph.D., of VA’s William S. Middleton Memorial Veterans Hospital, Madison, Wis., will conduct it.
- A four-year study on an animal model of Gulf War illnesses to assess the effectiveness of therapies to enhance mood and memory. The therapies are designed to increase generation of nerve cells in the hippocampus, improving cognitive function and reversing depressive and anxiety-like behaviors. One strategy will test treatment with anti-depressant medicine and a drug or dietary supplement having antioxidant and anti-inflammatory properties.
- A two-year pilot study that will include randomized, controlled, eight-week trials of an intervention known as “mindfulness-based stress reduction,” compared with usual care. Assessments of veterans will include symptom-based measures of pain, fatigue, and cognitive and physical function as well as objective measures of attention, concentration and memory. David J. Kearney, M.D., of the VA Puget Sound Health Care System, Seattle, Wash., will conduct it.

The IOM report noted that the illnesses seen in Gulf War veterans cannot be ascribed to any psychiatric disorder and likely result from genetic and environmental factors, although the data are not strong enough to draw conclusions about specific causes.

BUSINESS from Page 10

To ensure the subcontracting goals are met, VA will have the right to reserve set-asides for those businesses at the task-order level.

T4 will be managed and administered by VA’s Technology Acquisition Center in Eatontown, N.J.

Shinseki said transparency of transactions will be critical. Awards and results will be posted on the Web and the goals for small businesses will be monitored aggressively. He estimated that the T4 strategy will enable veteran-owned small businesses to receive $800 million to $1 billion in contracts. The strategy will also give industry greater insight into VA’s total IT needs, resulting in better solutions with less risk and lower costs.

Shinseki told conference attendees the new strategy is one more way VA strives to enhance opportunities for Veterans to participate in the nation’s economic recovery and VA’s business processes. He cited other examples:

VA exceeds the government’s goals for purchasing from small businesses, veteran-owned and service-disabled Veteran businesses;

To improve chances for veterans’ small companies to do business with the government, VA has an “industry innovation competition,” underway with one of its goal to make it easier for veteran owners to enter the federal marketplace;

The department has started a mentoring program to encourage large contractors to help small businesses improve operations and to rely more on veteran-owned subcontractors.

Shinseki said VA is also cracking down on contractors who represent themselves fraudulently as veteran-owned small businesses. As the result of investigations by the VA Inspector General, an owner of a construction company was recently arrested for falsely claiming veteran status to win a $5.7 million construction contract. VA moved quickly to suspend the individual and his company from future contracts. VA has established a committee to expedite suspensions and debarment from federal business.
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 boxes, 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

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<th>PHONE NUMBER</th>
<th>E-mail/Web address</th>
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<tr>
<td>Navy Mail Service Veteran’s Association</td>
<td>Sept. 15-19</td>
<td>(812) 446-3762 (812) 605-0433</td>
<td><a href="mailto:mafmath@juno.com">mafmath@juno.com</a></td>
</tr>
<tr>
<td>USS BAINBRIDGE (DLG (N)/CG (N) 25)</td>
<td>Sept. 15-19</td>
<td>(206) 855-4159</td>
<td><a href="mailto:dave_marlenelafave@hotmail.com">dave_marlenelafave@hotmail.com</a></td>
</tr>
<tr>
<td>USS CURTIS (AV 4)</td>
<td>Sept. 15-18</td>
<td>(956) 423-3314</td>
<td><a href="mailto:brucusscurtissav4@rvg.rr.com">brucusscurtissav4@rvg.rr.com</a></td>
</tr>
<tr>
<td>USS EATON (DD 510)</td>
<td>Sept. 15-19</td>
<td>(631) 220-9750</td>
<td><a href="mailto:catsupman@optonline.net">catsupman@optonline.net</a></td>
</tr>
<tr>
<td>USS EVERETT F. LARSON (DD/DDR 830)</td>
<td>Sept. 15-19</td>
<td>(541) 459-2470</td>
<td><a href="mailto:fmn4335@q.com">fmn4335@q.com</a></td>
</tr>
<tr>
<td>USS IWO JIMA Class Association</td>
<td>Sept. 15-19</td>
<td>(757) 732-0317</td>
<td><a href="mailto:yujack@megalink.net">yujack@megalink.net</a></td>
</tr>
<tr>
<td>USS STODDARD (DD 566)</td>
<td>Sept. 15-18</td>
<td>(732) 269-5416</td>
<td><a href="mailto:keystonewillie@verizon.net">keystonewillie@verizon.net</a></td>
</tr>
<tr>
<td>USS TALELMA (ATF 113)</td>
<td>Sept. 15-19</td>
<td>(651) 455-1876</td>
<td><a href="mailto:richard_rosemary@msn.com">richard_rosemary@msn.com</a></td>
</tr>
<tr>
<td>USS THOMAS JEFFERSON (SSBN 718)</td>
<td>Sept. 15-19</td>
<td>(863) 853-4825</td>
<td><a href="mailto:dhudson003@tampabay.rr.com">dhudson003@tampabay.rr.com</a></td>
</tr>
<tr>
<td>USS WILHOITE (DE/DER 397)</td>
<td>Sept. 15-18</td>
<td>(479) 968-6659</td>
<td><a href="mailto:canerday@uddenlink.net">canerday@uddenlink.net</a></td>
</tr>
<tr>
<td>USS ENOREE (AO/TAO 69)</td>
<td>Sept. 16-20</td>
<td>(714) 534-3025</td>
<td></td>
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<tr>
<td>USS JOHN PAUL JONES (DD 230/932, DDG 32/53)</td>
<td>Sept. 16-20</td>
<td>(781) 871-0363</td>
<td>ussjohnpauljones.org/index.htm</td>
</tr>
<tr>
<td>USS ROBINSON (DD 562)</td>
<td>Sept. 16-29</td>
<td>(281) 474-0558</td>
<td><a href="mailto:ajbowne@yahoo.com">ajbowne@yahoo.com</a></td>
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<tr>
<td>VB 109, VPB 109</td>
<td>Sept. 16-18</td>
<td>(814) 866-6683</td>
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<tr>
<td>USS RANKIN (AKA/LKA 103)</td>
<td>Sept. 17-20</td>
<td>(412) 367-1376</td>
<td><a href="mailto:ussrakin@aol.com">ussrakin@aol.com</a></td>
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<tr>
<td>USS BADOENG STRAIGHT (CVE 116)</td>
<td>Sept. 19-22</td>
<td>(210) 658-3447</td>
<td><a href="mailto:hctrotters@yahoo.com">hctrotters@yahoo.com</a></td>
</tr>
<tr>
<td>USS CAValier (APA 37)</td>
<td>Sept. 19-23</td>
<td>(775) 751-0213</td>
<td><a href="http://www.microburnmi/">www.microburnmi/</a></td>
</tr>
<tr>
<td>USS FAIRVIEW (E-PCE(R) 850)</td>
<td>Sept. 19-21</td>
<td>(800) 377-6834</td>
<td><a href="mailto:fjones@maine.com">fjones@maine.com</a></td>
</tr>
<tr>
<td>USS PLYMOUTH ROCK (LSD 29)</td>
<td>Sept. 20-23</td>
<td>(870) 236-3725 (847) 336-2151</td>
<td><a href="mailto:tazhondave@yahoo.com">tazhondave@yahoo.com</a>,</td>
</tr>
<tr>
<td>USS SALISBURY SOUND (AV 13)</td>
<td>Sept. 20-23</td>
<td>(505) 293-3841</td>
<td><a href="mailto:hajima@att.net">hajima@att.net</a></td>
</tr>
<tr>
<td>USS TOWERS (DDG 9)</td>
<td>Sept. 21-26</td>
<td>(415) 566-7285</td>
<td><a href="mailto:usstowersddg9@pacbell.net">usstowersddg9@pacbell.net</a></td>
</tr>
<tr>
<td>USS CALVERT (APA 32), USS HARRY LEE (APA 10)</td>
<td>Sept. 22-25</td>
<td>(507) 789-6344</td>
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<tr>
<td>USS FULTON (AS 11)</td>
<td>Sept. 22-26</td>
<td>(401) 846-6536</td>
<td><a href="mailto:rkhiks@verizon.net">rkhiks@verizon.net</a></td>
</tr>
<tr>
<td>USS GALVESTON (CLG 3)</td>
<td>Sept. 22-26</td>
<td>(866) 398-2655</td>
<td><a href="mailto:galveston@comcast.net">galveston@comcast.net</a></td>
</tr>
<tr>
<td>USS Ranger (CVA/CV 610)</td>
<td>Sept. 22-25</td>
<td>(281) 414-5981 (203) 453-4279</td>
<td><a href="mailto:jbcollasics@stealthwave.net">jbcollasics@stealthwave.net</a>,</td>
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<tr>
<td>USS SPROSTON (DD/DDE 577)</td>
<td>Sept. 22-26</td>
<td>(626) 351-0362</td>
<td><a href="mailto:jmarlatt@earthlink.net">jmarlatt@earthlink.net</a></td>
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<tr>
<td>USS WALKE (DD 416, DD 723)</td>
<td>Sept. 22-28</td>
<td>(920) 788-4916</td>
<td><a href="http://www.proston.com">www.proston.com</a></td>
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<tr>
<td>USS DUXBURY BAY (AVP 38), USS GREENWICH BAY (AVP 41), USS VALOUR (AVP 55)</td>
<td>Sept. 23-26</td>
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<td><a href="mailto:rwilliamson@newrr.com">rwilliamson@newrr.com</a></td>
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<tr>
<td>USS ORCA (AVP 49)</td>
<td>Sept. 23-25</td>
<td>(510) 223-4420</td>
<td><a href="mailto:stanelleson@aol.com">stanelleson@aol.com</a></td>
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<tr>
<td>USS SALEM (CA 139)</td>
<td>Sept. 23-26</td>
<td>(352) 326-5377</td>
<td><a href="mailto:bedaniels53@aol.com">bedaniels53@aol.com</a></td>
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<tr>
<td>USS SYLVANIA (AKA 44, AFS 2)</td>
<td>Sept. 24-26</td>
<td>(616) 897-5178 (517) 927-3312</td>
<td><a href="mailto:jackkilcrease@yahoo.com">jackkilcrease@yahoo.com</a>,</td>
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<tr>
<td>USS CONSTELLATION (CVA/CV 64)</td>
<td>Sept. 26 - Oct. 3</td>
<td>(210) 590-9190 (210) 355-2099</td>
<td><a href="http://www.usconstellation.org">www.usconstellation.org</a></td>
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<tr>
<td>USS JOHN R PIERCE (DD 753)</td>
<td>Sept. 26-30</td>
<td>(337) 537-7533</td>
<td><a href="mailto:cjhopm9785@hughes.net">cjhopm9785@hughes.net</a></td>
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<tr>
<td>USS SIMON LAKE (AS 33)</td>
<td>Sept. 26-30</td>
<td>(505) 831-3849</td>
<td><a href="mailto:suckowwayne@me.com">suckowwayne@me.com</a></td>
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<tr>
<td>USS SEA CAT (SS 399)</td>
<td>Sept. 27- Oct. 1</td>
<td>(515) 981-3006</td>
<td><a href="mailto:ednmeg@mehsi.com">ednmeg@mehsi.com</a></td>
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<tr>
<td>USS ELOKOMIN (AO 55)</td>
<td>Sept. 28 - Oct. 1</td>
<td>(617) 288-3755</td>
<td><a href="mailto:theeloman@verizon.net">theeloman@verizon.net</a></td>
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<tr>
<td>USNR Midshipmen’s School, New York (Columbia University and Prairie State)</td>
<td>Sept. 29 - Oct. 3</td>
<td>(405) 570-6421 (216) 831-1011</td>
<td><a href="mailto:ynmek7301@gmail.com">ynmek7301@gmail.com</a>,</td>
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<tr>
<td>USS CORRY (DD/DDR 817)</td>
<td>Sept. 29 - Oct. 3</td>
<td>(330) 544-3301</td>
<td><a href="mailto:jellyneek@aol.com">jellyneek@aol.com</a></td>
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<td>USS EVERGLADES (AD 24), USS CURRITUCK (AV 7), Torpedoman’s Association</td>
<td>Sept. 29 - Oct. 3</td>
<td>(415) 467-6284</td>
<td><a href="mailto:ad24history@att.net">ad24history@att.net</a></td>
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<td><a href="http://www.usseverglades.org">www.usseverglades.org</a></td>
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<tr>
<td>USS HOLLISTER (DD 788)</td>
<td>Sept. 29 - Oct. 3</td>
<td>(518) 842-7126</td>
<td><a href="mailto:gunder788@nycap.rr.com">gunder788@nycap.rr.com</a></td>
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<td><a href="http://www.usshollister.org">www.usshollister.org</a></td>
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<tr>
<td>USS LEYTE (CV 32)</td>
<td>Sept. 29 - Oct. 3</td>
<td>(732) 727-5993</td>
<td><a href="mailto:leyte11956@aol.com">leyte11956@aol.com</a></td>
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<tr>
<td>USS SPIEGEL GROVE</td>
<td>Sept. 29 - Oct. 3</td>
<td>(813) 672-0733</td>
<td><a href="mailto:LSD32@frontiernet.net">LSD32@frontiernet.net</a></td>
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<td>(715) 787-4559</td>
<td><a href="http://www.kevinflailey.com">www.kevinflailey.com</a></td>
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<tr>
<td>Naval Training Center Bainbridge</td>
<td>Sept. 30 - Oct. 3</td>
<td>(540) 345-5826</td>
<td><a href="mailto:kal18824z@aol.com">kal18824z@aol.com</a></td>
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<td><a href="http://www.usntcb.org">www.usntcb.org</a></td>
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<tr>
<td>USS CASCADE (AD 16)</td>
<td>Sept. 30 - Oct. 4</td>
<td>(302) 945-2719</td>
<td><a href="mailto:presspa@sbglobal.net">presspa@sbglobal.net</a></td>
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<td>(319) 653-3904</td>
<td><a href="mailto:aloha592@yahoo.com">aloha592@yahoo.com</a></td>
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<td>(314) 954-7801</td>
<td><a href="http://www.usseverglades.org">www.usseverglades.org</a></td>
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<tr>
<td>USS LYMAN K SWENSON (DD 729)</td>
<td>Sept. 30 - Oct. 4</td>
<td>(510) 796-0789</td>
<td><a href="mailto:presspa@sbglobal.net">presspa@sbglobal.net</a></td>
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<tr>
<td>USS NAUTILUS (SSN 571, SS 168)</td>
<td>Sept. 30 - Oct. 3</td>
<td>(865) 428-0099</td>
<td><a href="mailto:rick@tree-castle.com">rick@tree-castle.com</a></td>
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<td><a href="http://www.snipurl.com/571">www.snipurl.com/571</a></td>
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<tr>
<td>USS PRARIE (AD 15)</td>
<td>Sept. 30 - Oct. 3</td>
<td>(315) 676-3280</td>
<td><a href="mailto:mary.pelton@yahoo.com">mary.pelton@yahoo.com</a></td>
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<tr>
<td>USS SOLACE (AH 5)</td>
<td>Sept. 30 - Oct. 1</td>
<td>(806) 799-2748</td>
<td><a href="mailto:chiefyoyoabbott@aol.com">chiefyoyoabbott@aol.com</a></td>
</tr>
<tr>
<td>USS TURNER JOY (DD 951)</td>
<td>Sept. 30 - Oct. 2</td>
<td>(763) 757-3475</td>
<td><a href="mailto:chiefyoyoabbott@aol.com">chiefyoyoabbott@aol.com</a></td>
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<td>MCB 4</td>
<td>Oct. 104</td>
<td>(402) 499-5289</td>
<td><a href="mailto:kjaeq@aol.com">kjaeq@aol.com</a></td>
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<tr>
<td>USS AGERHOLM (DD 826)</td>
<td>Oct. 6-9</td>
<td>(518) 373-8363</td>
<td><a href="mailto:auto-hr@msn.com">auto-hr@msn.com</a></td>
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<tr>
<td>USS KRETCHMER (DE/DER 329)</td>
<td>Oct. 6-10</td>
<td>(904) 655-6850</td>
<td><a href="mailto:michaelrobertson@cox.net">michaelrobertson@cox.net</a></td>
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<td>(937) 436-1245</td>
<td><a href="mailto:aloha592@yahoo.com">aloha592@yahoo.com</a></td>
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<tr>
<td>USS WINDHAM BAY (CVE 92)</td>
<td>Oct. 6-10</td>
<td>(707) 374-4393</td>
<td><a href="mailto:windhambay@aol.com">windhambay@aol.com</a></td>
</tr>
<tr>
<td>USS CHILTON (APA 38)</td>
<td>Oct. 7-10</td>
<td>(215) 330-1802</td>
<td><a href="mailto:michaelrobertson@cox.net">michaelrobertson@cox.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><a href="mailto:aloha592@yahoo.com">aloha592@yahoo.com</a></td>
</tr>
<tr>
<td>USS REEVES (DLS 24/SG 24)</td>
<td>Oct. 7-10</td>
<td>(703) 780-2269</td>
<td><a href="mailto:michaelrobertson@cox.net">michaelrobertson@cox.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>(410) 692-9777</td>
<td><a href="mailto:aloha592@yahoo.com">aloha592@yahoo.com</a></td>
</tr>
<tr>
<td>USS ROBERT L WILSON (DD 847)</td>
<td>Oct. 7-11</td>
<td>(919) 967-3364</td>
<td><a href="mailto:rmason2@bellsouth.net">rmason2@bellsouth.net</a></td>
</tr>
<tr>
<td></td>
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<td></td>
<td><a href="http://www.community-2.webtv.net/dd847">www.community-2.webtv.net/dd847</a></td>
</tr>
<tr>
<td>USS SIGOURNEY (DD 643)</td>
<td>Oct. 7-10</td>
<td>(615) 824-0496</td>
<td><a href="mailto:tjzree@comcast.net">tjzree@comcast.net</a></td>
</tr>
<tr>
<td>USS CHEMUNG (AO 30)</td>
<td>Oct. 10-14</td>
<td>(313) 928-3109</td>
<td><a href="mailto:chemung2010@live.com">chemung2010@live.com</a></td>
</tr>
<tr>
<td>USS HOLDER (DD/DDE 819, DE 401)</td>
<td>Oct. 10-13</td>
<td>(831) 458-9062</td>
<td>wusholder.com</td>
</tr>
<tr>
<td>Navy Net Tender/Layer/Depots</td>
<td>Oct. 11-14</td>
<td>(276) 930-4571</td>
<td><a href="mailto:ljones42000@yahoo.com">ljones42000@yahoo.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>(208) 362-2659</td>
<td><a href="mailto:espinson@sporo.net">espinson@sporo.net</a></td>
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<td><a href="http://www.nettenderreunion.com">www.nettenderreunion.com</a></td>
</tr>
<tr>
<td>Navy Trademan Reunion</td>
<td>Oct. 11-14</td>
<td>(352) 561-4281</td>
<td><a href="mailto:president@trademanassociation.org">president@trademanassociation.org</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>(858) 254-8157</td>
<td><a href="mailto:petehoyt@comcast.net">petehoyt@comcast.net</a></td>
</tr>
<tr>
<td>USS ALDEBARAN (AF 10)</td>
<td>Oct. 11-13</td>
<td>(772) 224-8822</td>
<td><a href="mailto:edward@pepling.com">edward@pepling.com</a></td>
</tr>
<tr>
<td>USS CLINTON (APA 144)</td>
<td>Oct. 11-15</td>
<td>(409) 945-6148</td>
<td><a href="mailto:deape@aol.com">deape@aol.com</a></td>
</tr>
<tr>
<td>USS MOUNTRAIL (APA 213)</td>
<td>Oct. 11-14</td>
<td>(973) 696-3725</td>
<td><a href="mailto:dioioio44@aol.com">dioioio44@aol.com</a></td>
</tr>
<tr>
<td>USS MAHAN (DD 364, DLG 11, DDG 42, DDG 72)</td>
<td>Oct. 12-17</td>
<td>(302) 698-0991</td>
<td><a href="http://www.ussmahans.org">www.ussmahans.org</a></td>
</tr>
<tr>
<td></td>
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<td></td>
<td><a href="mailto:tcws22@comcast.net">tcws22@comcast.net</a></td>
</tr>
<tr>
<td>Marine Air Groups (WWII - Present)</td>
<td>Oct. 13-16</td>
<td>(417) 535-4945</td>
<td><a href="mailto:james.m.jordan@hughes.net">james.m.jordan@hughes.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>(636) 327-5854</td>
<td><a href="mailto:mbobsue13@aol.com">mbobsue13@aol.com</a></td>
</tr>
<tr>
<td>USS CANBERRA (CA 70, CAG 2) All hands 1943-1970</td>
<td>Oct. 13-17</td>
<td>(740) 423-8976</td>
<td><a href="mailto:crewservices@usscanberra.com">crewservices@usscanberra.com</a></td>
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<td><a href="http://www.usscanberra.com">www.usscanberra.com</a></td>
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<tr>
<td>USS MEREDITH (DD 165, DD 434, DD726, DD890)</td>
<td>Oct. 13-17</td>
<td>(740) 774-3894</td>
<td><a href="mailto:dks62@roadrunner.com">dks62@roadrunner.com</a></td>
</tr>
<tr>
<td>USS PIEDMONT (AD 17)</td>
<td>Oct. 13-17</td>
<td>(785) 272-2606</td>
<td><a href="mailto:bmk1930@sbcglobal.net">bmk1930@sbcglobal.net</a></td>
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<tr>
<td></td>
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<td><a href="mailto:rwgeraghty@verizon.net">rwgeraghty@verizon.net</a></td>
</tr>
<tr>
<td>USS WALTON (DE 361)</td>
<td>Oct. 13-16</td>
<td>(573) 291-1922</td>
<td><a href="mailto:marjer67@ktks.net">marjer67@ktks.net</a></td>
</tr>
<tr>
<td>Destoyer Leader Assoc. (DL 1, DL 2/DDG 35, DL 3/DDG 36, DL 4, DL 5)</td>
<td>Oct. 13-17</td>
<td>(540) 345-5826</td>
<td><a href="mailto:destroyerleader1@cox.net">destroyerleader1@cox.net</a></td>
</tr>
<tr>
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<td><a href="http://www.destroyerleaderassociation.org">www.destroyerleaderassociation.org</a></td>
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<tr>
<td>USS DAVIS (DD 937)</td>
<td>Oct. 14-17</td>
<td>(860) 747-8761</td>
<td><a href="mailto:phill37@aol.com">phill37@aol.com</a></td>
</tr>
<tr>
<td>USS JOHN S MCCAIN (DL 3/DDG 36)</td>
<td>Oct. 14-17</td>
<td>(503) 698-6558</td>
<td><a href="mailto:curthanson.sag@verizon.net">curthanson.sag@verizon.net</a></td>
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<td><a href="http://www.destroyerleaderassociation.org">www.destroyerleaderassociation.org</a></td>
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<tr>
<td>USS MITSCHER (DL 2/DDG 35)</td>
<td>Oct. 14-17</td>
<td>(757) 887-3219</td>
<td><a href="mailto:jlooman33@peoplelesp.com">jlooman33@peoplelesp.com</a></td>
</tr>
<tr>
<td>Association of Minemen</td>
<td>Oct. 15-17</td>
<td></td>
<td><a href="mailto:curtischristian@hotmail.com">curtischristian@hotmail.com</a></td>
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<tr>
<td>Name</td>
<td>Start Date</td>
<td>End Date</td>
<td>Phone Number</td>
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<tr>
<td>USS HUSE (DE 145)</td>
<td>Oct. 17-20</td>
<td></td>
<td>(561) 368-7167</td>
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<tr>
<td>USS HULL (DD 945/DD 350)</td>
<td>Oct. 19-22</td>
<td></td>
<td>(818) 701-0882</td>
</tr>
<tr>
<td>USS HORNET (CV 8/CV 12/CVA 12/CVS 12)</td>
<td>Oct. 20-24</td>
<td></td>
<td>(814) 224-5063</td>
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<tr>
<td>USS COLUMBIA (CL 56)</td>
<td>Oct. 20-23</td>
<td></td>
<td>(610) 543-9073</td>
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<tr>
<td>USS SAM HOUSTON (SSBN/SSN 609)</td>
<td>Oct. 20-23</td>
<td></td>
<td>(302) 764-1197</td>
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<tr>
<td>VP Officers West Coast Reunion</td>
<td>Oct. 22-24</td>
<td></td>
<td>wwww.vpreuion.com</td>
</tr>
<tr>
<td>USS GRAND CANYON (AD/AR 28)</td>
<td>Oct. 22-26</td>
<td></td>
<td>(317) 881-8866</td>
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<tr>
<td>USS BASILONE (DD/DE 824)</td>
<td>Oct. 23-27</td>
<td></td>
<td>(941) 769-3175</td>
</tr>
<tr>
<td>USS HENRY W TUCKER (DD/DDR 875)</td>
<td>Oct. 26-31</td>
<td></td>
<td>(540) 483-5727</td>
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<tr>
<td>WWII USN Scouting Squadrons Association</td>
<td>Oct. 26-29</td>
<td></td>
<td>(912) 925-4066</td>
</tr>
<tr>
<td>USS Grant County (LST 1174)</td>
<td>Oct. 29 &amp; 30</td>
<td></td>
<td>(989) 202-2257</td>
</tr>
<tr>
<td>USS JONAS INGRAM (DD 938)</td>
<td>October</td>
<td></td>
<td>(973) 627-7491</td>
</tr>
<tr>
<td>VAP 61, VAP 62, VJ 61, VJ 62</td>
<td>Nov. 3-7</td>
<td></td>
<td>(757) 721-3077</td>
</tr>
<tr>
<td>USS ORLECK (DD 886)</td>
<td>Nov. 6-9</td>
<td></td>
<td>(318) 742-9847</td>
</tr>
<tr>
<td>USS TALLADEGA (APA 208)</td>
<td>Nov. 1-5</td>
<td></td>
<td>(760) 747-0796</td>
</tr>
<tr>
<td>Old Antarctic Explorers Assoc.</td>
<td>Nov. 3-5</td>
<td></td>
<td>(956) 568-3737</td>
</tr>
<tr>
<td>USS POLLACK (SSN 603)</td>
<td>Nov. 8-11</td>
<td></td>
<td>(559) 877-2873</td>
</tr>
<tr>
<td>USS SEA POACHER (SS 406)</td>
<td>Nov. 8-11</td>
<td></td>
<td>(514) 788-4441</td>
</tr>
<tr>
<td>USS NASSAU (CVE 16), VC 66, USS NEHENTA BAY (CVE 74), and other related</td>
<td>Nov. 12-16</td>
<td></td>
<td>(585) 567-8839</td>
</tr>
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**REUNION 2011**

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
<th>Phone Number</th>
<th>Email/Web address</th>
</tr>
</thead>
<tbody>
<tr>
<td>HSL 94</td>
<td>March 19</td>
<td>(609) 865-2529</td>
<td><a href="mailto:tdunn90@comcast.net">tdunn90@comcast.net</a></td>
</tr>
<tr>
<td>NAS Chase Field</td>
<td>April 1-3</td>
<td>(562) 338-5088</td>
<td><a href="mailto:mwebb@naschasefield.com">mwebb@naschasefield.com</a></td>
</tr>
<tr>
<td>USS MORTON (DD 948)</td>
<td>May 11-15</td>
<td>(541) 471-2777</td>
<td><a href="mailto:kieftmorton66@aol.com">kieftmorton66@aol.com</a></td>
</tr>
<tr>
<td>VX/VXE</td>
<td>May 19-22</td>
<td>(614) 906-6289</td>
<td><a href="mailto:jhollern@wowway.com">jhollern@wowway.com</a></td>
</tr>
<tr>
<td>USS JASON (ARH 1/AR 8)</td>
<td>June 6-10</td>
<td>(417) 649-6140</td>
<td><a href="mailto:sssl@att.net">sssl@att.net</a></td>
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<tr>
<td>Navy Facility Barbados - All Personnel 1957-1979</td>
<td>June 2-8</td>
<td>(802) 893-6187</td>
<td><a href="mailto:rmm570@gmail.com">rmm570@gmail.com</a></td>
</tr>
<tr>
<td>USS FOX (DLG/CG 33)</td>
<td>June 16-19</td>
<td>(843) 569-0981</td>
<td><a href="mailto:habibphil@comcast.net">habibphil@comcast.net</a></td>
</tr>
<tr>
<td>VP 60</td>
<td>July 29-31</td>
<td>(407) 774-7506</td>
<td><a href="mailto:limasierra60@gmail.com">limasierra60@gmail.com</a></td>
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</tbody>
</table>

**Seminars, Retired Activity Days**

- **California**
  - Sept. 18
  - 9 a.m.-Lunch
  - NAS Lemoore
  - POC: (559) 998-2977 or (559) 998-4042
  - Nov. 6
  - 9 a.m. – 1 p.m.
  - San Diego
  - ROCK Academy (2277 Rosecrans Street 92106)
  - POC: (619) 993 1246

- **Florida**
  - Oct. 16
  - 9 a.m. - noon
  - NAS Pensacola
  - Bldg. 633
  - POC: (850) 452-5990 ext. 3111
  - E-mail: retired.activities.nasp@mchs.com
  - Oct. 30
  - Rock Island
  - POC: (563) 322-4823

- **Michigan**
  - Sept. 18
  - Selfridge
  - POC: (586) 239-5580
  - E-mail: selfrao@greatlakes.net

- **Minnesota**
  - Sept. 10
  - Twin Ports/Duluth
  - POC: (218) 722-0071
  - Sept. 25
  - Minneapolis / St. Paul
  - RAO Minneapolis, MN
  - Joint Retiree Appreciation Day (JRAD)
  - Mystic Lake, Hotel and Casino, Prior Lake, MN
  - Registration begins at 7:30 a.m.
  - Point of Contact: (612) 726-9391
  - E-mail: metrojrad@gmail.com

- **Virginia**
  - Nov. 6
  - Norfolk Naval Base
  - POC: (757) 322-9113

- **Washington**
  - Sept. 18
  - 8 a.m. – 12:30 p.m.
  - NAS Whidbey Island
  - Nor’Wester
  - POC: (360) 257-6289

- **Wisconsin**
  - Sept. 10
  - Fort McCoy
  - POC: (608) 388-3716
  - Bill.g.walters@us.army.mil

For more detailed information visit: [http://metrojrad.blogspot.com/](http://metrojrad.blogspot.com/)

POC: (612) 727-2854

POC: (757) 322-9113

POC: (360) 257-6289

POC: (608) 388-3716
Retired Activities Office Phone Listing

<table>
<thead>
<tr>
<th>State</th>
<th>Location</th>
<th>City</th>
<th>Phone Numbers</th>
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</thead>
<tbody>
<tr>
<td>Arizona</td>
<td>Phoenix</td>
<td>Phoenix, AZ</td>
<td>(602) 353-3033, 0830-1500 Mon-Fri</td>
</tr>
<tr>
<td>California</td>
<td>China Lake</td>
<td>China Lake, CA</td>
<td>(760) 939-0978, 0900-1100 1300-1500 Mon-Fri</td>
</tr>
<tr>
<td></td>
<td>Lemoore</td>
<td>Lemoore, CA (NAS)</td>
<td>(559) 998-4042, 0800-1630 Mon-Fri</td>
</tr>
<tr>
<td></td>
<td>Point Mugu</td>
<td>Point Mugu, CA</td>
<td>(805) 982-1023, 0800-1600 Mon-Fri</td>
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<tr>
<td></td>
<td>San Diego</td>
<td>San Diego, CA (NAVSTA)</td>
<td>(858) 474-1999, 0800-1500 Mon-Fri</td>
</tr>
<tr>
<td></td>
<td>Sunnyvale</td>
<td>Sunnyvale, CA (Onizuka Air)</td>
<td>(650) 694-3284, 0900-1500 Mon-Fri</td>
</tr>
<tr>
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<td>China Lake</td>
<td>China Lake, CA</td>
<td>(760) 939-0978, 0900-1100 1300-1500 Mon-Fri</td>
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<tr>
<td></td>
<td>Lakehurst</td>
<td>Lakehurst, NJ (NAVAIRENSTA)</td>
<td>(612) 726-9391, 1000-1430 Mon-Fri</td>
</tr>
<tr>
<td></td>
<td>Sasebo</td>
<td>Sasebo, JA (COMFLEACT)</td>
<td>(817) 795-4109, 0800-1230 Mon-Fri (Thurs)</td>
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<tr>
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<td>Portland</td>
<td>Portland, OR (NAVSTA)</td>
<td>(503) 577-9060, 0900-1300 Mon-Fri</td>
</tr>
<tr>
<td></td>
<td>Whidbey</td>
<td>Whidbey, Island, WA (NAS)</td>
<td>(425) 257-8054, 0900-1500 Mon-Fri</td>
</tr>
<tr>
<td></td>
<td>JUSMAGTHAI</td>
<td>JUSMAGTHAI</td>
<td>(671) 339-7635/333-2056 (Thurs)</td>
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<tr>
<td></td>
<td>Guam</td>
<td>Guam</td>
<td>(671) 339-7635/333-2056 (Thurs)</td>
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<tr>
<td></td>
<td>La Maddalena</td>
<td>La Maddalena, IT</td>
<td>(315) 623-8205, 011-34-956-82-3232 (Conus)</td>
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<td>Naples</td>
<td>Naples, IT (NAVSUPPACT)</td>
<td>(315) 623-8205, 011-39-081-811-6500 (Mon-Sun)</td>
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<td>Japan</td>
<td>Japan</td>
<td>(315) 629-6550, 011-39-081-811-6500 (Mon-Sun)</td>
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<td>Yokosuka</td>
<td>Yokosuka, JA (COMFLEACT)</td>
<td>(315) 629-6550, 011-39-081-811-6500 (Mon-Sun)</td>
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<td>Local</td>
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Updated Dec. 10, 2009
Air Force Retiree Services: (800) 531-7502; www.retirees.af.mil/Arlington National Cemetery: (703) 607-8000; www.arnlc.org

Army Retired Services: (703) 325-9158; www.armyretirees.army.mil/Retire Burial at Sea Information: (866) 787-0081; www.npc.navy.mil
Combat Related Special Compensation: www.donsig.navy.mil/cor/sv/persinfo.htm
DEERS: (800)-538-9552, Fax: (216) 522-5917; www.deers.mil/Deers
Defense Commissary Agency: www.aafes.com
DFAS Casualty Assistance Branch: www.donasg.osd.mil/cas/dfastx/dfasinfo.htm
DFAS Reserve Component SBP: (877) 807-8199
Internal Revenue Service: (800) 829-1040; www.irs.gov

I.D. Cards Benefits and Eligibility: (866) 827-5672; www.npc.navy.mil/commandsupport/pay/pers/paycards
National Burial Services: (800) 697-6940

Navy Personnel Command: www.vetrecs.archives.gov
Navy Uniform Shop: www.navy-nex.com/uniform

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 Webpage: www.gulflink.osd.mil

VA: https://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

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/RSFPF annuitant:
Defense Finance and Accounting Service
U.S. military Annuitant Pay
PO Box 7131
London KY 40742-7131
(800) 321-1080, (216) 522-5955

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
Records:
For replacement DD 214, service records, medical records,
award information:
Retired prior to 1995: www.vetrecs.archives.gov
Retired after 1995:
Veterans Benefits Administration
PO Box 10108
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The information compiled for *Shift Colors* comes from a variety of sources to include experts in their respective fields. The content was current at the time of publication. We appreciate your patience and continued readership. - Editor, *Shift Colors*

Brick Bradford, a retired Master Diver assigned to Joint POW/MIA Personnel Accounting Command (JPAC), prepares to participate in a dive during a JPAC recovery mission in Quynh Phuong, Vietnam. The mission of JPAC is to achieve the fullest possible accounting of all Americans missing as a result of the nation’s past conflicts.