SECNAV Council Releases Recommendations

From Navy Personnel Command Public Affairs

The 2014 Secretary of the Navy’s Retiree Council met Aug. 11-15, 2014 at the Washington Navy Yard. The council meets annually in accordance with Secretary of the Navy instructions and is made up of volunteers from the Navy and Marine Corps retired community. The council debates areas of retiree concerns and makes recommendations to the Secretary. After the council issues their recommendations, the Secretary of the Navy reviews them then issues a response.

The top-three topics the council submitted were: veterans’ health and welfare, TRICARE and retiree volunteer management.

For veterans’ health and welfare, the council addressed two issues. Issue one concerned Agent Orange exposure by “blue water” Sailors. The council recommended the Secretary endorse the presumed exposure and support legislative change. The second issue involved transitional housing for single-parent veterans with children. The council pointed out that existing agreements between the Housing and Urban Development and community housing entities are insufficient to address this growing need problem.

While presented with several TRICARE issues, the council focused on five. The council recommended for issue three (overall) that there be a directed effort to increase acceptance of TRICARE by civilian healthcare providers and clinics. In issue four, the council strongly opposed TRICARE increases to enrollment fees for TRICARE for Life and tiered fees. The council recommended in issue five that chiropractic services be extended to all TRICARE beneficiaries. The council pointed out in issue six that TRICARE eye exams are not consistent with the recommendations of the American Optometric Association and that TRICARE be updated to match those guidelines. In issue seven, the council stated that there exists a shortage of mental health providers who accept TRICARE.

The last main topic, retiree volunteer management, prompted no issues, but the council took the opportunity to address the Navy’s efforts to fund full-time regional program coordinators. The council then issued recommendations on several supplemental topics. Under the topic of volunteer service and advocacy, the council addressed five issues. In issue eight, the council recommended that the Navy establish a clearing house mechanism where the demand for volunteer services would be met.

Navy Retired Activities Offices Need Volunteers

Courtesy Navy Retired Activities Office

Navy Retired Activities Offices (RAO) have been established worldwide and they are manned by retiree volunteers from all services. RAO volunteers assist the retired community by helping solve problems by serving as a point of contact between the retiree community and military agencies – local and at the headquarters level. RAO volunteers provide follow-up service and liaison support to survivors and family members of military retirees to ensure they are aware of all entitlements. Additionally, RAO volunteers assist the director in conducting retiree annual seminars/appreciation days sponsored by their installation. The dedication and commitment of all RAO volunteers is invaluable and without their support the program would not survive.

As volunteers retire, sometimes after serving more than 20 years on the RAO staff, some of the locations are now low on staff and have been forced to significantly decrease the number of hours they are able to provide service to the retired community and their family members. The Navy is aggressively recruiting retirees from the local community and is looking for military retirees who are willing and able to donate three to four hours during the work-week. All RAOs operate during weekdays (times and days vary by location). Volunteers will receive on-the-job training and experience the satisfaction of serving our country in a different capacity. For a complete listing of all Navy RAOS, see Page 14. For more information contact the Navy Retired Activities Office at (901) 874-6723 or (901) 874-6949.
Inside this issue:

4 Online Prescription Tracker
4 Nationwide Opioid Therapy Tool
5 Veterans Wheelchair Games
5 Apply for 2015 Vet Sports Clinic
6 VA Expands Choice Program Eligibility
6 VA Eliminates Net Worth as Health Care Eligibility Factor
7 Gunner’s Mate Received “Old Tar” Award
8 SECNAV Announces Ship to be Named After First MCPON
9 How to Set Up Allotments for Your Retired Pay
10 Reunions
14 Retired Activities Office Phone Listing
15 Ready Reference Contact Information

Shift Colors
Rear Adm. David Steindl
Deputy Chief of Naval Personnel; Commander, Navy Personnel Cmd.
Lt. Cmdr. Jodie Cornell
NPC Public Affairs Officer
Pamela Warnken
NPC Deputy Public Affairs Officer
Wm. Cullen James
Editor

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.

Send correspondence to:
Navy Personnel Command
Shift Colors
5720 Integrity Drive
Millington, TN 38055
E-mail: MILL_ShiftColors@navy.mil
Phone: (866) 827-5672

Chief Damage Controlman Hasani Rhymes instructs Sailors during a general shipboard firefighting training evolution at the Surface Warfare Officer’s School at Joint Base Pearl Harbor-Hickam. The training allows students to practice proper hose handling procedures, firefighting maneuvers, teamwork, and nozzle man relieving procedures.

Photo by Mass Communication Specialist 2nd Class Johans Chavarro
TRICARE Answers Affordable Care Act Questions

Courtesy TRICARE

With the implementation of the Patient Protection and Affordable Care Act (ACA) in 2010, TRICARE beneficiaries may have questions about how it would affect them. The ACA and TRICARE are very different, governed by two different pieces of legislation so changes in one have no effect on the other.

The intent of the Affordable Care Act, also known as Obamacare, was to provide affordable health insurance options to everyone. This is the first major difference between TRICARE and the ACA. TRICARE is not health insurance; it is a federal health care entitlement program only for eligible uniformed service members, retirees and their families.

The ACA required a set of minimum essential benefits for commercial health insurance. Before the passage of the ACA, TRICARE had already provided most of these benefits such as cost-free screenings, vaccinations and counseling. One ACA provision not previously addressed by TRICARE was to allow children to remain on their parent’s health insurance up to age 26. The 2011 National Defense Authorization Act created the authority to implement the TRICARE Young Adult (TYA) program. TYA is a premium-based program that restores TRICARE coverage to adult children up to the age of 26 after they lose their TRICARE coverage due to age.

TRICARE is a benefit established under law as the health care program for the uniformed services, retirees and their families. The ACA did affect change in health care coverage for many Americans, but the legislation did not apply directly to TRICARE. For more information, visit the TRICARE website.

When Air Evacs are Covered

Courtesy TRICARE

Following retirement from active service, many retirees and retiree family members decide to travel or live overseas. If they do, it is important they understand that if they need air ambulance services, TRICARE only pays if the transport is medically necessary and to the closest, safest location for medical care.

Retirees overseas have to pay for the service upfront and then file a claim for reimbursement. TRICARE won’t cover the cost for non-medically necessary air evacuation and won’t move a patient to a location of their choosing. TRICARE won’t pay to move a retiree or retiree family member from overseas back to the United States, unless the medically necessary care is not available in their current location or the United States is the closest location that can provide the necessary care. If retirees want to return from overseas for personal reasons, they pay the air ambulance company and TRICARE won’t reimburse them. Air ambulance service can be very expensive. If you are planning to live or travel overseas, you may wish to consider other options for coverage of air transport for circumstances not covered by TRICARE.

Active-duty family members (ADFMs) using TRICARE Standard should also consider health care costs before opting for air evacuation. ADFMs using TRICARE Standard may have to pay up front for the air evacuation; the evacuation must be medically necessary; and must be to the nearest facility capable of providing the needed care in order for TRICARE to cost-share on the aeromedical evacuation.

For more information about receiving care overseas, visit www.tricare.mil/Plans/Enroll/TPO.aspx.

Gas Turbine Systems Technician (Electrical) Fireman Lindsay Hall, from Sacramento, Calif., picks up debris at Tanguissan beach during a port visit for the Arleigh Burke-class guided-missile destroyer USS Fitzgerald (DDG 62).
Online Prescription Tracker Provides 24/7 Access

**Courtesy VA**

Veterans can now track the status of most of their prescriptions online, thanks to an innovative idea by a Department of Veterans Affairs’ (VA) employee. The new 24/7 service allows online tracking for most prescriptions mailed from the VA Mail Order Pharmacy.

The Prescription Tracker was recommended by VA employee Kenneth Siehr, a winner of the President’s 2013 Securing Americans Value and Efficiency Award. Siehr’s idea focused on the use of technology as a way to save money and improve the services VA provides to its patients.

“Our nation’s veterans deserve a first-class pharmacy and quality customer service as a part of the exceptional health care available from VA,” said Siehr, national director for Consolidated Mail Outpatient Pharmacies. “It is an honor to be part of serving veterans and to have been recognized for an idea that enhances our services to them.”

More than 57,000 veterans are currently using the service through My HealthVet, an online feature that allows veterans to partner with their health care team. The number is expected to grow as VA starts to educate veterans about the new feature. Later this month, the tracking feature will include images of the medication that dispensed. Over the next year, a secure messaging alert will be added so that veterans know when a medication was placed in the mail.

“VA prescription refill online is an excellent example of how one employee looked at the process of VA prescription tracking through the eyes of our Veterans and came up with an idea that better serves Veterans,” said Interim Under Secretary for Health, Carolyn M. Clancy. “This idea is both innovative and transformative, and it is certainly one, when put into action, improves customer service for America’s Veterans.”

VA Accelerates Deployment of Nationwide Opioid Therapy Tool

**Courtesy VA**

The Department of Veterans Affairs (VA) is accelerating the deployment of a state-of-the-art tool to help protect veteran patients using high doses of opioids or with medical risk factors that put them at an increased risk of complications from opioid medications.

The tool, referred to as the Opioid Therapy Risk Report, is being made available now to all staff in the Veterans Health Administration (VHA). VA’s Interim Under Secretary for Health, Dr. Carolyn Clancy, has reached out to more than 2,000 primary care providers in VHA clinics throughout the country to promote the use of this novel tool. It includes information about the dosages of narcotics and other sedative medications, significant medical problems that could contribute to an adverse reaction and monitoring data to aid in the review and management of complex patients.

“All of American medicine is aiming to better understand how to treat severe pain, and veterans receiving care in the VA health care system typically suffer from higher rates of chronic pain than the general public,” said Clancy.

The Opioid Therapy Risk Report allows VA providers to review all pertinent clinical data related to pain treatment in one place, providing a comprehensive veteran-centered and more efficient level of management.

Overuse and abuse of prescription opioids is a significant public health issue, particularly since patients in pain are at risk for negative outcomes including overdose, medical reactions, and mental health complications.
The Department of Veterans Affairs (VA) is accepting applications for the 2015 National Veterans Wheelchair Games. Registration began in early January and will close April 15.

The National Veterans Wheelchair Games is a sports and rehabilitation program for military service veterans who use wheelchairs for sports competition due to spinal cord injuries, amputations or certain neurological problems. Each year, hundreds of disabled veterans travel from around the country to compete in the Games, which is the largest annual wheelchair sports event in the world. With them, they bring the fighting spirit and tenacity that defines the veterans of our Armed Forces.

“I encourage all eligible Veterans to take this opportunity to prove yet again that disability does not mean inability,” said VA Secretary Robert McDonald.

Competitive events at the National Veterans Wheelchair Games include air guns, archery, basketball, bowling, field events, hand cycling, a motorized wheelchair rally, nine-ball, power soccer, quad rugby, slalom, softball, swimming, table tennis, track, trapshooting and weightlifting. Athletes compete in all events against others with similar athletic ability, competitive experience or age.

The 2015 National Veterans Wheelchair Games will take place in Dallas, Texas, from June 21-26. The Games are cosponsored by VA and Paralyzed Veterans of America, VA’s partner in this annual event since 1985. For more information, please visit www.wheelchairgames.org and follow VA Adaptive Sports on Twitter at @VAAdaptiveSport.

The Department of Veterans Affairs (VA) is accepting applications from veterans interested in participating in the 2015 National Veterans Summer Sports Clinic.

The 2015 National Veterans Summer Sports Clinic will be held Sept.13-18 at the VA San Diego Healthcare System. The annual event is expected to attract veterans from all over the country who have sustained a variety of injuries ranging from traumatic brain injury and polytrauma, to spinal cord injury or loss of limb.

“I encourage every veteran who may be eligible to take advantage of this opportunity,” said VA Secretary Robert McDonald. “There is rehabilitative power in leading an active lifestyle and learning new skills and activities.”

The National Veterans Summer Sports Clinic represents VA’s continued commitment to offer adaptive sports and recreation therapy as an integral part of a successful rehabilitation program. The deadline to apply for the 2015 National Veterans Summer Sports Clinic is May 1.

For more information or for an application, visit www.summersportsclinic.va.gov.

The 2015 National Veterans Summer Sports Clinic is sponsored by VA, the Veterans Canteen Service and other community organizations.
VA Expands Choice Program Eligibility

**Courtesy VA**

In order to expand eligibility for the Veterans Choice Program, the Department of Veterans Affairs (VA) announced that it will change the calculation used to determine the distance between a veteran’s residence and the nearest VA medical facility from a straight line distance to driving distance. The policy change will be made through regulatory action in the coming weeks. The Veterans Choice Program was authorized by the Veterans Access, Choice, and Accountability Act of 2014 (VACAA).

“VA has worked very quickly to implement the Veterans Choice Program and we appreciate the constructive feedback shared by Veterans and our partners to help us improve service to veterans,” said Secretary Robert McDonald. “We’ve determined that changing the distance calculation will help ensure more veterans have access to care when and where they want it. VA looks forward to the ongoing support of our partners as we continue to make improvements to this new program.”

The method of determining driving distance will be through distance as calculated by using a commercial product. The change is expected to roughly double the number of eligible veterans.

The Veterans Choice Program is a new, temporary benefit that allows eligible veterans to receive health care in their communities rather than waiting for a VA appointment or traveling to a VA facility. Veterans seeking to use the Veterans Choice Program should call 1-866-606-8198 to confirm their eligibility and to schedule an appointment. Since the Choice Program went into effect on November 5, 2014, more than 45,000 medical appointments have been scheduled.

Using expanded authorities from VACAA, VA continues to expand access to care through increased staffing and enhanced collaboration with both the Indian Health Service and Native Hawaiian Health Care Systems.

VA is enhancing its health care system and improving service delivery to better serve veterans and set the course for long-term excellence and reform. VA has made significant progress in various areas of the legislation, such as extending the Assisted Living/Traumatic Brain Injury Pilot program and Project Arch, to expand timely access to high-quality health care for Veterans.


VA Eliminates Net Worth as Health Care Eligibility Factor

**Courtesy VA**

The Department of Veterans Affairs is updating the way it determines eligibility for VA health care, a change that will result in more veterans having access to the health care benefits they’ve earned and deserve.

Most veterans who do not receive a VA disability or pension payment or have a VA special eligibility, must complete a financial assessment when applying for enrollment to determine their eligibility. Effective 2015, VA eliminated the use of net worth as a determining factor for both health care programs and co-payment responsibilities. This change makes VA health care benefits more accessible to lower-income veterans and brings VA policies in line with Secretary Robert A. McDonald’s MyVA initiative which reorients VA around veterans’ needs.

“Everything that we do and every decision we make has to be focused on the veterans we serve,” said VA Secretary Robert A. McDonald. “We are working every day to earn their trust. Changing the way we determine eligibility to make the process easier for veterans is part of our promise to our veterans.”

Instead of combining the sum of veterans’ income with their assets to determine eligibility for medical care and co-payment obligations, VA will now only consider a veteran’s gross household income and deductible expenses from the previous year. Elimination of the consideration of net worth for VA health care enrollment means that certain lower-income, non-service-connected veterans will have less out-of-pocket costs. Over a five-year period, it is estimated that 190,000 veterans will become eligible for reduced costs of their health care services.

In March 2014, VA eliminated the annual requirement for updated financial information. VA now uses information from the Internal Revenue Service and Social Security Administration to automatically match individual veterans’ income information which reduces the burden on veterans to keep their healthcare eligibility up to date. That change better aligned VA’s health care financial assessment program with other federal health care organizations.

Veterans may submit updated income information at www.1010ez.med.va.gov/, or by visiting their nearby VA health care facility. For more information, visit www.va.gov/healthbenefits or call VA toll-free at 1-877-222-VETS (8387).
Navy Expeditionary Combat Command Public Affairs

Senior Chief Gunner’s Mate (SW/EXW) Robert Hyatt recalls Nov. 30, 1988, as the day he got his Enlisted Surface Warfare Specialist pin. More than 26 years later, after nomination from last year’s chief petty officer selectees, he realizes how significant that day has turned out to be.

Last month in Washington, D.C., Hyatt, a Sailor from Navy Expeditionary Combat Command, was presented with the “Old Tar” award by the Surface Navy Association.

“I was quite surprised that I was chosen as the next Old Tar,” Hyatt said. “It definitely made me think about my years of service and all of the things I’ve accomplished.”

The Old Tar term comes from the early days of the Navy when sailors often boarded enemy ships in battle and engaged in hand-to-hand combat. Beforehand, they would dip the knot of their long hair in tar, which would then harden and protect their necks from blows from behind. Some sailors soon became known as “tars.” An “Old Tar” was one who was honored and respected for his knowledge, wisdom and long experience at sea.

Today, the Old Tar is given to the active-duty enlisted surface warfare specialist with the earliest date of qualification, as received by the SNA before the announced closing date for nominations.

A Veteran Surface Sailor

Hyatt, a native of Springfield, Ohio, remembers the day he officially became a surface Sailor.

“When I got my ESWS, I was a second class and the program had only been around for nine years, so not a lot of sailors had the qualification,” Hyatt said. “Out of 175 people on board USS W.S. Sims, only 16 Sailors were ESWS qualified and that included E-9 and below.”

Over the years the ESWS program has evolved, and Hyatt recalls how very different it was in 1988.

“Unlike now, where many ships conduct ESWS training during working hours, all work and studying had to be completed during a Sailor’s free time,” Hyatt said. “Sailors had to survive two preliminary boards and a 100-question written test. We then had to pass an oral board chaired by the executive officer or commanding officer of the ship.”

Hyatt said that it was a challenge to achieve the milestone due to the requirements placed on the program.

“It wasn’t a requirement — more like a specialty,” Hyatt said. “The ESWS Sailors had their own duty section. If the ship had to get underway in an emergency, they would call the ESWS duty section first to get it underway.”

Pride and Tradition

And because it was such a new program, Hyatt felt it was an honor to be in such an elite group.

“It’s about pride … it was about carrying on the tradition,” Hyatt said. “It made you the best of the best on the ship. It was an honor to be a part of such an important group because ESWS is steeped in Navy tradition, and with some Navy traditions going away, this is one that I don’t want to see fade.”

Hyatt said his love for Navy traditions actually led to his submission for the Old Tar.

“About six years ago I was running a chief’s season, and I tasked the selectees with finding out when each chief got their ESWS, what the Old Tar is and then give a brief on it,” Hyatt said. “I thought it was a great way for the selectees to get out and meet the Chief’s Mess.”

Over the years, that tradition has continued, which led to Hyatt’s nomination by the Fiscal Year 2014 Joint Expeditionary Base Little Creek-Fort Story Chief Selectees. When he heard about the nomination, he was humbled that he met all the criteria.

“I never imagined that a simple task I’ve given the selectees over the years would lead to my nomination for one of the greatest milestones of my career,” Hyatt said.

On Feb. 1, Hyatt officially received the title of the Navy’s Old Tar from retired Master Chief Fire Controlman Thomas Ward.
SECNAV Announces Ship to be Named After First MCPON

By Mass Communication Specialist 1st Class Stuart B. Phillips, Office of the Master Chief Petty Officer of the Navy

Secretary of the Navy (SECNAV) Ray Mabus announced that the future Arleigh Burke-class guided-missile destroyer (DDG 119) will be named USS Delbert D. Black after the first Master Chief Petty Officer of the Navy (MCPON) at a ship naming ceremony held at the Navy Memorial in Washington March 13.

The ceremony was attended by numerous distinguished visitors, to include MCPON Black’s surviving widow, Mrs. Ima Black, as well as the current MCPON, Mike Stevens.

As Stevens introduced SECNAV to the audience, he hinted at the name of the future ship about to be revealed to the public.

“I think it’s safe for me to say that the ship that’s about to be named will always be manned at 100 percent in the Chief’s Mess,” said Stevens. “They won’t have trouble keeping chiefs on it, but I know they will have trouble getting chiefs to transfer off it.”

After his introduction, SECNAV explained that the role of the office of the MCPON is to act as an advisor to the chief of naval operations and to represent Sailors and their families.

“The MCPON doesn’t just care for our Sailors and Marines though,” said Mabus. “Through partnerships with our spouse organizations, he also is the voice for the hundreds of thousands of family members. For them as well, he is an educator, a spokesperson, an advocate.”

Mabus went on to say that in 1967, Master Chief Gunner’s Mate Delbert D. Black was selected to be the senior enlisted advisor of the Navy, a title later changed to master chief petty officer of the Navy. Mabus explained the significance of naming a ship after an individual, and why MCPON Black was chosen for this honor.

“In the Navy, per traditional ship-naming convention, our destroyers are named after naval heroes,” said Mabus. A list of his tough duty assignments may give us a small glimpse of the service Master Chief Black gave to this country, but it doesn’t even begin to cover the numerous lives he touched or personal sacrifices he made for his Sailors and our Navy. He is a true hero.”

Ima Black, a WWII veteran of the Navy’s Women Accepted for Volunteer Emergency Service (WAVES) was greeted with applause as she addressed the audience and spoke about what the ceremony meant to her.

“Good morning Shipmates,” she began. “It’s a beautiful day. A beautiful day to name a ship the USS Delbert D. Black. So let me tell you a little something about this wonderful Sailor that I was married to for 50 years. As has been said, he was a gunner’s mate, so that meant that he spent a lot of time at sea. He loved the sea. I often wanted to ask him, who do you love more - me or the sea?”

She explained that upon taking the office of the MCPON, her husband started from scratch, with no real formal direction, and laid the foundation of what that office has become today.

“At the end of four years, the office was up and running and we were ready to retire,” said Ima. “We retired in 1971, and soon we heard that there would be a ship named the USS Delbert D. Black. In my heart I knew that one day this would happen, I just didn’t know it would take so long. Thank you Mr. Secretary. And Mr. Secretary, when you go to Pascagoula, would you tell the shipbuilders to please hurry up, I’m running out of time!”

Born July 22, 1922, in Orr, Okla., Delbert D. Black graduated from high school in 1940 and enlisted in the Navy March 14, 1941. Following recruit training, he was assigned to USS Maryland (BB 46) and was aboard in Pearl Harbor on Dec. 7, 1941. Surviving the attack, Black’s career went on to span 30 years, culminating in his selection as the MCPON on Jan. 13, 1967.

Ima Black signs a photo of the future Guided-Missile Destroyer (DDG 119), named after her late husband, Master Chief Petty Officer of the Navy (MCPON) Delbert D. Black. Secretary of the Navy Ray Mabus officially released the name of DDG 119 as the future USS Delbert D. Black, which is the first U.S. Navy ship to be named after a Master Chief Petty Officer of the Navy.
How to Set Up Allotments for Your Retired Pay

Courtesy DFAS

You can have some of your retired pay go to another institution through an allotment (often known as a payroll deduction). This allows you to pay bills, insurance premiums, mortgages, etc. directly out of your retired pay.

Before setting up an allotment, please make sure you have enough disposable pay after taxes and other deductions to cover it. If you don’t, you may not receive your pay or your allotment might be underpaid.

How many allotments can you have?
You can have a maximum of six discretionary allotments. The following allotments are considered non-discretionary, and they do not count toward your maximum of six:

- Delinquent tax payments (federal, state, or local)
- Repayment of debts owed to the government
- Charity payments for Army Emergency Relief (AER), Navy-Marine Corps Relief Society (NMCRS), or affiliates of Air Force Assistance Fund

- Loan Payments for AER, NMCRS, Air Force Aid Society, or the American Red Cross.
- Electronic Funds Transfer allotments to financial institutions can be started, stopped or changed in myPay.
- Non Electronic Funds Transfer allotments for your mortgage payments, insurance or charitable contributions can be stopped or changed in myPay as well.

To update an allotment using myPay:
- Log into myPay
- Select “Allotments”
- For Electronic Funds Transfer (EFT) allotments, you can START or CHANGE or STOP an allotment amount and STOP an existing allotment.
- For Home Loan and Navy Mutual Aid Service allotments, you can only STOP or CHANGE money amounts. To START Home Loan, Navy Mutual Aid Service, Charity or Insurance allotment, please see the charity or institution where you desire to start an allotment for information.
- You can also STOP or CHANGE money amounts for certain Charity and certain Insurance allotments.
- You can also start or stop an EFT allotment using the DD 2558 Fast Form.
- If you use the DD 2558 Form, please mail or fax completed forms to:

DFAS - U.S. Military Retired Pay
P.O. Box 7130
London, KY 40742-7130
Fax: 800-469-6559.

If you have questions or troubles managing your allotment, call 800-321-1080.

Allotments take time to show up in myPay. You will not see your request until you receive your next Retiree Account Statement. Once you have entered an allotment into myPay, please give it time to post. Entering the allotment more than once could cause the system to set up two allotments instead of one, causing pay inconsistencies.

How to Set Up International Direct Deposits

Courtesy DFAS

International Direct Deposit (IDD) is available to U.S. military retirees living in eligible locations overseas. IDD electronically deposits funds on the first business day of the month.

To enroll in IDD, complete the form for International Direct Deposit Enrollment (SF 1199-I) and mail it to:

For Retirees:
Defense Finance and Accounting Service
U.S. Military Retired Pay
P.O. Box 7130
London, KY 40742-7130
Fax: 800-469-6559

For annuitants, beneficiaries and survivors:
Defense Finance and Accounting Service
U.S. Military Annuitant Pay
P.O. Box 7131
London, KY 40742-7131
Fax: 800-982-8459

Make sure the form is accurately completed and signed. Incorrect or incomplete enrollment forms will be returned unprocessed for correction, delaying your enrollment. Typed forms are preferable.

If you currently have your pay sent via direct deposit to a stateside financial institution, do not close that account until you have verified receipt at your international bank. Otherwise, your pay will be returned to DFAS, causing additional delays.

If your form is processed before the 19th of the month, IDD will begin on the following payday (generally, the first business day of the month). If your form is processed after the 19th, direct deposit will begin in two months. Your payment will be converted from U.S. dollars to local currency two business days prior to the U.S. payment date, using a wholesale exchange rate.

Nations chosen for IDD have met the requirements of the Federal Reserve Bank. In many ways, IDD is more secure than receiving your pay by paper check. Mailed checks can be lost, misrouted or stolen. Funds transferred through IDD are sent encrypted and arrive safely at your bank.
<table>
<thead>
<tr>
<th>Reunion 2015</th>
<th>Date</th>
<th>Phone</th>
<th>Email/Web</th>
</tr>
</thead>
<tbody>
<tr>
<td>ANTARCTICDEVRON 6, VX/VXE 6</td>
<td>Nov. 4-8</td>
<td>(850) 516-3301</td>
<td><a href="mailto:tinaall@cox.net">tinaall@cox.net</a></td>
</tr>
<tr>
<td>ASR/ARS Association</td>
<td>Oct. 5-9</td>
<td>(502) 477-0876</td>
<td><a href="mailto:mbneal@twc.com">mbneal@twc.com</a></td>
</tr>
<tr>
<td>Destroyer Leaders Association (USS NORFOLK (DL 1), USS MITSCHER (DL 2/DDG 35), USS JOHN S MCAIN (DL 3/DDG 36), USS WILLIS A LEE (DL 4), USS WILKINSON (DL 5)</td>
<td>Aug. 30 - Sept. 4</td>
<td>(401) 635-8860</td>
<td><a href="mailto:mjbugara@hotmail.com">mjbugara@hotmail.com</a></td>
</tr>
<tr>
<td>Mine Division 113 Vietnam</td>
<td>Sept. 17-20</td>
<td>(501) 620-0593</td>
<td><a href="mailto:don9329@hotmail.com">don9329@hotmail.com</a></td>
</tr>
<tr>
<td>NAS Sanford, all units and squadrons</td>
<td>June 25-28</td>
<td>(407) 302-2252</td>
<td><a href="mailto:dlfrost@aol.com">dlfrost@aol.com</a></td>
</tr>
<tr>
<td>Naval Communication Station Londonberry Northern Ireland</td>
<td>July 26-30</td>
<td>(919) 467-2342</td>
<td><a href="http://www.navcommsta-londonberry.freeservers.com">www.navcommsta-londonberry.freeservers.com</a></td>
</tr>
<tr>
<td>Navy Nuclear Power Unit</td>
<td>May 4-9</td>
<td>(845) 782-5539</td>
<td><a href="mailto:fixitbob2@optonline.net">fixitbob2@optonline.net</a></td>
</tr>
<tr>
<td>NR Cargo Handling Battalion 6</td>
<td>Sept. 11-13</td>
<td>(570) 839-7111</td>
<td><a href="mailto:chb.sixreunion@gmail.com">chb.sixreunion@gmail.com</a></td>
</tr>
<tr>
<td>NSA/NSF DaNang</td>
<td>April 20-25</td>
<td>(502) 477-0876</td>
<td><a href="mailto:mbneal@twc.com">mbneal@twc.com</a></td>
</tr>
<tr>
<td>Squadrions and Shipmates of the USS MIDWAY and USS FRANKLIN D. ROOSEVELT</td>
<td>Sept. 15-20</td>
<td>(859) 689-7001</td>
<td><a href="mailto:squadronmates@aol.com">squadronmates@aol.com</a></td>
</tr>
<tr>
<td>USS ABNAKI (ATF 96)</td>
<td>Sept. 16-20</td>
<td>(937) 243-5368</td>
<td><a href="mailto:tssetser@columbus.rr.com">tssetser@columbus.rr.com</a></td>
</tr>
<tr>
<td>USS AGERHOLM (DD 826)</td>
<td>Oct. 8-11</td>
<td>(618) 599-5972</td>
<td><a href="mailto:dabs315@frontier.com">dabs315@frontier.com</a></td>
</tr>
<tr>
<td>USS BAUSELL (DD 845)</td>
<td>June 21-25</td>
<td>(928) 854-2205</td>
<td><a href="http://www.usssbausell.com">www.usssbausell.com</a></td>
</tr>
<tr>
<td>USS BEALE (DD/DDE 471)</td>
<td>Sept. 27-30</td>
<td>(908) 358-6153</td>
<td><a href="mailto:kquigley6@comcast.net">kquigley6@comcast.net</a></td>
</tr>
<tr>
<td>USS BORDELON (DD/DDR 881)</td>
<td>Aug. 26-30</td>
<td>(919) 467-2342</td>
<td><a href="mailto:sully1944@gmail.com">sully1944@gmail.com</a></td>
</tr>
<tr>
<td>USS BREMERTON (CA 130 / SSN 698)</td>
<td>Sept. 13-18</td>
<td>(859) 771-5651</td>
<td><a href="mailto:jeredams106@gmail.com">jeredams106@gmail.com</a></td>
</tr>
<tr>
<td>USS BRUNSWICK (ATS 3)</td>
<td>Aug. 20-24</td>
<td>(775) 277-9306</td>
<td><a href="mailto:richmurrayrpm@gmail.com">richmurrayrpm@gmail.com</a></td>
</tr>
<tr>
<td>USS CAMP (DER 251)</td>
<td>Sept. 13-16</td>
<td>(865) 482-7981</td>
<td><a href="mailto:gsweeden@att.net">gsweeden@att.net</a></td>
</tr>
<tr>
<td>USS CANBERRA (CA 70, CAG 2) all hands 1943-1970</td>
<td>Oct. 14-18</td>
<td>(740) 423-8976</td>
<td><a href="mailto:usscanberra@gmail.com">usscanberra@gmail.com</a></td>
</tr>
<tr>
<td>USS CARPENTER (DD 825)</td>
<td>May 14-17</td>
<td>(303) 690-5118</td>
<td><a href="mailto:coyritchie@aol.com">coyritchie@aol.com</a></td>
</tr>
<tr>
<td>USS CONSERVER (ARS 39)</td>
<td>April 23-26</td>
<td>(610) 780-5484</td>
<td><a href="http://www.usssconserver.org">www.usssconserver.org</a></td>
</tr>
<tr>
<td>USS DAMATO (DD 871)</td>
<td>Sept. 9-14</td>
<td>(253) 222-1952</td>
<td><a href="mailto:toolmantwo@comcast.net">toolmantwo@comcast.net</a></td>
</tr>
<tr>
<td>USS FAIRVIEW (E-PCE(R) 850)</td>
<td>Sept. 23-27</td>
<td>(207) 846-0874</td>
<td><a href="mailto:fjones@maine.rr.com">fjones@maine.rr.com</a></td>
</tr>
<tr>
<td>USS FIREDRAKE (AE 14)</td>
<td>Oct. 18-22</td>
<td>(610) 207-2016</td>
<td><a href="mailto:ussfiredrake@gmail.com">ussfiredrake@gmail.com</a></td>
</tr>
<tr>
<td>USS FORRESTAL (CVA/CV/AVT 59)</td>
<td>Sept. 22-26</td>
<td>(904) 505-9616</td>
<td><a href="http://www.uss-forrestal.com">www.uss-forrestal.com</a></td>
</tr>
<tr>
<td>USS FOX (DLG/CG 33)</td>
<td>Sept. 16-20</td>
<td>(843) 569-0981</td>
<td><a href="mailto:habibphil@comcast.net">habibphil@comcast.net</a></td>
</tr>
<tr>
<td>USS GALVESTON (CLG 3)</td>
<td>Sept. 8-13</td>
<td>(609) 784-6722</td>
<td><a href="mailto:glaveston@comcast.net">glaveston@comcast.net</a></td>
</tr>
<tr>
<td>USS GRAYBACK (SSG/LPSS/SS 574)</td>
<td>Oct. 6-8</td>
<td>(702) 810-8056</td>
<td><a href="mailto:madimmick@cix.com">madimmick@cix.com</a></td>
</tr>
<tr>
<td>USS HAWKBILL (SSN 666)</td>
<td>May 30 - June 2</td>
<td>(406) 788-2423</td>
<td><a href="mailto:maalcorn@bresnan.net">maalcorn@bresnan.net</a></td>
</tr>
<tr>
<td>USS HENRY B. WILSON (DDG 7)</td>
<td>Sept. 30 - Oct. 4</td>
<td>(520) 841-3272</td>
<td><a href="mailto:pemarks@ddg7.com">pemarks@ddg7.com</a></td>
</tr>
<tr>
<td>USS HOLDER (DD/DDE 819 / DE 401)</td>
<td>Sept. 30 - Oct. 4</td>
<td>(831) 458-9062</td>
<td><a href="mailto:usholder_dde819@hotmail.com">usholder_dde819@hotmail.com</a></td>
</tr>
<tr>
<td>USS HOLLISTER (DD 788)</td>
<td>Sept. 22-27</td>
<td>(319) 431-1581</td>
<td><a href="mailto:cworr78@gmail.com">cworr78@gmail.com</a></td>
</tr>
<tr>
<td>USS HORNET (CV 8, CV/CVA/CVS 12)</td>
<td>Sept. 9-13</td>
<td>(814) 224-5063</td>
<td><a href="http://www.usshornetassn.com">www.usshornetassn.com</a></td>
</tr>
<tr>
<td>USS INGERSOLL (DD 652, DD 990)</td>
<td>Oct. 8-11</td>
<td>(575) 574-7921</td>
<td><a href="mailto:sw.mm.horsemann@gmail.com">sw.mm.horsemann@gmail.com</a></td>
</tr>
<tr>
<td>USS IWO JIMA (LPH 2, LHD 7)</td>
<td>Sept. 13-16</td>
<td>(757) 723-0317</td>
<td><a href="mailto:yujack46709@gmail.com">yujack46709@gmail.com</a></td>
</tr>
<tr>
<td>USS JOHN KING (DDG 3)</td>
<td>Sept. 21-25</td>
<td></td>
<td></td>
</tr>
<tr>
<td>USS JOHN PAUL JONES (DD 230, DDG 32, DDG 53)</td>
<td>Oct. 29 - Nov. 1</td>
<td>(781) 871-0363</td>
<td><a href="mailto:andylongo1@verizon.net">andylongo1@verizon.net</a></td>
</tr>
<tr>
<td>USS JOHN R CRAIG (DD 885)</td>
<td>Sept. 16-20</td>
<td>(734) 525-1469</td>
<td><a href="http://www.usjohnrcraig.com">www.usjohnrcraig.com</a></td>
</tr>
<tr>
<td>USS KNUDSON (APD 101)</td>
<td>June 14-17</td>
<td>(386) 789-8612</td>
<td><a href="mailto:wrj502@cfl.rr.com">wrj502@cfl.rr.com</a></td>
</tr>
<tr>
<td>USS L Y SPEAR (AS 36)</td>
<td>Sept. 9-13</td>
<td>(913) 677-1837</td>
<td><a href="mailto:pattykelso@usslyspear.org">pattykelso@usslyspear.org</a></td>
</tr>
<tr>
<td>USS LAFFEY (DD 724)</td>
<td>Sept. 27 - Oct. 1</td>
<td>(856) 423-4263</td>
<td><a href="mailto:jill.michel@comcast.net">jill.michel@comcast.net</a></td>
</tr>
<tr>
<td>USS LAWRENCE (DDG 4 / DD 250)</td>
<td>April 29 - May 3</td>
<td>(814) 322-4150</td>
<td><a href="http://www.usslawrence.com">www.usslawrence.com</a></td>
</tr>
<tr>
<td>USS LYMAN K SWENSON (DD 729)</td>
<td>Sept. 10-13</td>
<td>(931) 296-0881</td>
<td><a href="mailto:handlebars@hughes.net">handlebars@hughes.net</a></td>
</tr>
<tr>
<td>USS MAURY (AGS 16) &amp; USS SERRANO (AGS 24)</td>
<td>Sept. 21-25</td>
<td>(480) 244-8067</td>
<td><a href="mailto:jmww03@cox.net">jmww03@cox.net</a></td>
</tr>
<tr>
<td>USS MIDWAY Veterans Association</td>
<td>April 23-25</td>
<td></td>
<td></td>
</tr>
<tr>
<td>USS NIMITZ (CVN 68)</td>
<td>Oct. 14-18</td>
<td>(805) 453-0173</td>
<td><a href="mailto:bigwallance@comcast.net">bigwallance@comcast.net</a></td>
</tr>
<tr>
<td>USS NOA (DD 343/DD 841)</td>
<td>April 29 - May 3</td>
<td>(727) 289-6534</td>
<td><a href="mailto:kmleone@snet.net">kmleone@snet.net</a></td>
</tr>
<tr>
<td>USS OKLAHOMA CITY (CL 91, CLG/CG 5, SSN 723)</td>
<td>Sept. 29 - Oct. 4</td>
<td>(620) 399-3999 (813) 468-8379</td>
<td><a href="http://www.ussokcity.com">www.ussokcity.com</a></td>
</tr>
<tr>
<td>USS RANDOLPH (CV/CVA/CVS 15) &amp; USS TERROR (CM 5)</td>
<td>Sept. 20-27</td>
<td>(321) 454-2344</td>
<td></td>
</tr>
<tr>
<td>USS RICH (DD/DDE 820)</td>
<td>April 27 - May 1</td>
<td>(757) 361-5826</td>
<td><a href="mailto:reunion2015@ussrich.org">reunion2015@ussrich.org</a></td>
</tr>
<tr>
<td>USS SAN DIEGO (CL 53, AFS 6/T-AFS 6, LPD 22) and all air detachments</td>
<td>June 18-20</td>
<td>(330) 262-7667</td>
<td><a href="mailto:vvcox@aol.com">vvcox@aol.com</a></td>
</tr>
<tr>
<td>USS SAN MARCOS (LSD 25)</td>
<td>Sept. 17-20</td>
<td>(215) 287-4311</td>
<td><a href="mailto:jacklieberman8104@comcast.net">jacklieberman8104@comcast.net</a></td>
</tr>
<tr>
<td>USS SKAGIT (AKA 105)</td>
<td>Sept. 28 - Oct. 3</td>
<td>(502) 477-0876</td>
<td><a href="mailto:mbneal@twc.com">mbneal@twc.com</a></td>
</tr>
<tr>
<td>USS STODDARD (DD 566)</td>
<td>Sept. 2-5</td>
<td>(575) 361-0333</td>
<td><a href="mailto:jonav@bajabb.com">jonav@bajabb.com</a></td>
</tr>
<tr>
<td>USS TAKELMA (ATF 113)</td>
<td>Oct. 15-18</td>
<td>(651) 455-1876</td>
<td><a href="mailto:richard_rosemary@msn.com">richard_rosemary@msn.com</a></td>
</tr>
<tr>
<td>USS TALLADEGA (APA 208)</td>
<td>Oct. 26-30</td>
<td>(760) 747-0796</td>
<td></td>
</tr>
<tr>
<td>USS TARAWA (CV 40, LHA 1)</td>
<td>April 16-19</td>
<td>(781) 961-2583 (765) 362-6937</td>
<td><a href="mailto:walsue@accelplus.net">walsue@accelplus.net</a></td>
</tr>
<tr>
<td>USS THE SULLIVANS (DD 537/DDG 68)</td>
<td>May 27-30</td>
<td>(352) 343-8363</td>
<td><a href="mailto:k8bibt5732@yahoo.com">k8bibt5732@yahoo.com</a></td>
</tr>
<tr>
<td>USS TRUMPETFISH (SS 425)</td>
<td>Nov. 4-9</td>
<td>(843) 873-9563</td>
<td><a href="mailto:ss425tfish@gmail.com">ss425tfish@gmail.com</a></td>
</tr>
<tr>
<td>USS TUSK (SS 426)</td>
<td>Sept. 24-27</td>
<td>(860) 739-2065</td>
<td><a href="mailto:ata245@sbclglobal.net">ata245@sbclglobal.net</a></td>
</tr>
<tr>
<td>USS VALCOUR (AVP 55, AGF 1)</td>
<td>Oct. 7-11</td>
<td>(843) 552-9992</td>
<td><a href="mailto:dwcloudsrr@gmail.com">dwcloudsrr@gmail.com</a></td>
</tr>
</tbody>
</table>
be matched with the supply of willing retirees. The council said in issue nine that many retirees are not sufficiently informed about their entitlements and that collaborative agreements should be made between the Navy and veteran service organizations as well as the Veteran’s Affairs (VA) and the Labor Departments. The council proposed in issue 10 that the Navy use less contract and Reserve support and use experienced retirees who volunteer their services in exchange for having their travel and living expenses covered. The council recommended in issue 11 that a retiree-specific tab be placed on the VA website to serve as a central point of information for all retirees. The council then stated in issue 12 that there is inadequate guidance for using Navy retirees for funeral honors details.

Under the topic of outreach, the council addressed three issues. The council recommended in issue 15 that a DFAS email distribution list be used to distribute both Shift Colors and Semper Fi retiree publications. The council then tackled compensation where they addressed two issues. In issue 13, the council said that a upon a retiree’s death, their pay is either deposited and removed or there is no deposit for any days. They recommend that this process be changed significantly. The council then made recommendations in issue 14 regarding proposed changes to retiree compensation. They recommended that any future changes eliminate disparities in the current regulations that adversely affect spouses who lose TRICARE when they remarry, fully evaluate the impact on recruiting and retention of delaying retirement pay until age 55, and consider and implement remedies for issues including disability and retirement pay computation issues, surviving widow benefits, and medically retired benefits.

Under the topic of medical, the council recommended in issue 18 that TRICARE enrollment fees and premiums be changed to pre-tax benefits. In issue 19, they recommend that specific pharmacies be added to TRICARE coverage.

Lastly, the council dealt with four issues under the topic of overseas. In issue 20, the council recommended that payments from retirees living overseas should be made to TRICARE, not Medicare. In issue 21, they discuss the denial of commissary and exchange privileges to retirees living in Rota, Spain. In issue 22, they recommend that retiree mail privileges be increased above the current one-pound limit. Finally, in issue 23, they recommend that Space Available travel for surviving spouses of retirees living overseas be available.

The council is currently soliciting issues of concern for their next meeting which is tentatively scheduled to take place Aug. 3-7.

<table>
<thead>
<tr>
<th>USS WARRINGTON (DD 843)</th>
<th>Sept. 27 - Oct. 1</th>
<th>(916) 791-6700</th>
<th><a href="mailto:stashuman843@msn.com">stashuman843@msn.com</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>USS WILHOITE (DE/DER 397)</td>
<td>Oct. 5-8</td>
<td>(479) 968-1236</td>
<td><a href="mailto:canerday@centurytel.net">canerday@centurytel.net</a></td>
</tr>
<tr>
<td>USS WILLIAM R RUSH (DD/DDR 714)</td>
<td>Sept. 20-24</td>
<td>(508) 548-5233</td>
<td><a href="mailto:captainnichok@comcast.net">captainnichok@comcast.net</a></td>
</tr>
<tr>
<td>USS WINDHAM BAY (CVE 92)</td>
<td>Sept. 30 - Oct. 3</td>
<td>(210) 495-4845</td>
<td><a href="mailto:windhambay@aol.com">windhambay@aol.com</a></td>
</tr>
<tr>
<td>USS YANCEY (AKA 93)</td>
<td>Sept. 24-28</td>
<td>(708) 425-8531</td>
<td><a href="mailto:clifs@ameritech.net">clifs@ameritech.net</a></td>
</tr>
<tr>
<td>USS YELLOWSTONE (AD 27)</td>
<td>June 7-10</td>
<td>(352) 208-5400</td>
<td><a href="mailto:bowp@centurylink.net">bowp@centurylink.net</a></td>
</tr>
<tr>
<td>VA-75</td>
<td>May 15-17</td>
<td>(757) 831-0753</td>
<td><a href="mailto:dale1231@cox.net">dale1231@cox.net</a></td>
</tr>
<tr>
<td>VB/VPB 109</td>
<td>Sept. 17-19</td>
<td>(814) 866-6683</td>
<td></td>
</tr>
<tr>
<td>VP-4</td>
<td>Sept. 9-13</td>
<td>(502) 688-9804</td>
<td><a href="http://www.vp4association.com">www.vp4association.com</a></td>
</tr>
<tr>
<td>VP-93</td>
<td>Nov. 5-8</td>
<td>(734) 658-7701</td>
<td><a href="http://vp93.org">http://vp93.org</a></td>
</tr>
<tr>
<td>VR-24</td>
<td>May 7-10</td>
<td>(240) 577-9889</td>
<td><a href="mailto:kuehnle@md.metrocast.net">kuehnle@md.metrocast.net</a></td>
</tr>
<tr>
<td>VS-21 (1952-1972)</td>
<td>Sept. 27 - Oct. 1</td>
<td>(760) 612-4376</td>
<td><a href="mailto:jsweisel@yahoo.com">jsweisel@yahoo.com</a></td>
</tr>
</tbody>
</table>

Upcoming Retiree Appreciation Days/ Seminars:

NAS Pensacola Florida
9 a.m. Saturday, 17 October 2015
Bldg 633
POC: 850-452-9022

JB Pearl Harbor-Hickam
8 a.m. Saturday, November 7, 2015
Hickam Officers Club
POC: 808-474-0032
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

   __ 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:
   (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 or:
Department of the Navy
OPNAV N170C
Retired Activities Branch
5720 Integrity Drive
Millington, TN 38055-6220
Retired Activities Office Phone Listing

**Navy-Sponsored RAOs**

**Arizona**
Retired Activities Office
Navy Operational Support Center
14160 W. Marauder St.
Lake AF, Glendale, AZ 85309
(602) 353-3033
9 a.m. – 1 p.m. (Mon-Fri)

**California**
Retired Activities Office
Navy 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 Avenue
Naval Air Station
Lemoore, CA 93246-5001
(559) 998-2977
10 a.m. – 2 p.m. (Thu)
Retired Activities Office
Housing Office Bldg. 587
Moffett Field, CA 94035-0162
(650) 603-8047
9:30 a.m. - 12:30 p.m. (Tue. Wed. Fri.)

**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
7511 US Enterprise St. Bldg. 3025
Milton, FL 32570-5000
(850) 623-7215 / 7177
8:30 a.m. – 11:30 p.m. (Mon & Fri)
Call for an appointment
Retired Activities Office
VA Lakemont Campus, Rm. 125
VA Building
2500 Lakemont Ave.
Orlando, FL 32814
(407) 646-4110/4111/4114
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. Ste. 100 (RAO)
Pearl Harbor, HI 96860-5101
(808) 474-0032
8 a.m. – 3 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 an appointment

**Michigan**
Retired Activities Office
P.O. Box 450045
Selfridge ANGB MI 48045
(586) 239-5580
(800) 645-9416 ext. 239-5580
9 a.m. – 3 p.m. (Tue-Fri)

**Minnesota**
Retired Activities Office
Naval Operational Support Center
5905 34th Avenue South
Minneapolis, MN 55450
(612) 713-4664
10 a.m. – 2 p.m. (Tue & Thu)

**Missouri**
Retired Activities Office, St Louis
Naval/Marine Corps Reserve Center
10810 Lambert International Blvd
Bridgeport, MO 63044-2314
(314) 524-9553
9 a.m. – 1 p.m. (Tue)
11:30 a.m. – 1 p.m. (Fri)

**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)

**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, SC 29404
(843) 963-2228
9 a.m. – Noon (Mon-Fri)

**Television**
Retired Activities Office
Fleet and Family Support Center
Bldg. 456, First Floor
NSA Memphis, Code N 763
Millington, TN 38045-5000
(901) 874-5195
10 a.m. – 2 p.m. (Tue & Thu)

**Virginia**
Retired Activities Office
7928 14th St. Ste. 239
Norfolk, VA 23511
(757) 444-2102
Fax: (757) 445-5326
10 a.m. – 2 p.m. (Mon-Fri)
Retired Activities Office
Joint Expeditionary 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
Ready Reference Contact Information

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

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

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

Burial at Sea Information: (866) 787-0081; www.ssa.gov

Combat Related Special Compensation: (800) 482-2534; www. va.gov/service-records

Defense Commissary Agency: www.commissaries.com

DFAS Casualty Assistance Branch: (800) 368-4088; www.dfas.mil

Department of Defense: (877) 600-3973; www.defense.gov/military-casualty

Disabled Veterans: (800) 990-5482; www.veteransaffairs.gov

Disability Evaluation System (DEERS): www.deers.mil

DoD Combined Federal Campaign: (866) 455-5323; www.cfc.gov

Internal Revenue Service: www.irs.gov/individuals amatidistinguishpaysets

JD Edwards: www.jde.com

Marine Corps Retired Affairs: (866) 787-0081; www.usmc.mil

Medicare: (800) 633-4662, (800) 633-4578; www.medicare.gov

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

National Burial Services: (800) 321-1080 or (216) 522-5955; (For Reporting a Retiree's death, option #1)

Navy Casualty Assistance: (800) 368-4088; www.npc.navy.mil

Navy Retired Activities Office: (800) 368-4088; www.npc.navy.mil

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

Naval Personnel Command: (800) 772-1213; www.npc.navy.mil

Navy Personnel Command: (800) 368-4088; www.npc.navy.mil

Navy Recreation: www.navyrec.com

Navy Widows: (800) 633-4578; www.va.gov/widows

Pakistan:

Pakistan National Bank: (021) 593-0366; www.pnb.com.pk

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
P.O. Box 7130
London KY 40742-7130
(800) 321-1080, (216) 522-5955

SBP/RSFP 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

TRICARE: www.tricare.mil

TRICARE North: (877) TRICARE (874-2273); www.hnfs.net

TRICARE South: (800) 444-5445; www.humana-military.com

TRICARE West: (877) 988-WEST (9378); www.ucmilitarywest.com

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

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

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

TRICARE West: (877) 988-0051; www.tricare.mil/west

VA: www.va.gov

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

Insurance:
VA Regional Office and Insurance Center
PO Box 7208 (claims inquiries) -ORPO
Box 7327 (loans) -ORPO
Box 7787 (payments)
Philadelphia PA 19101
(800) 669-8477; www.insurance.va.gov

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

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

Records:
For replacement DD 214, service records, medical records, award information:
Retired prior to 1995: www.archives.gov/veterans/military-service-records

Retired after 1995:
Navy Personnel Command
PERS-312E
5720 Integrity Drive
Millington, TN 38055-3120
Fax requests to: (901) 874-2664

Gray-area reservists:
Sister service retiree publications:
Air Force Afterburner: www.retirees.af.mil/afterburner
Army Echoes: www.armyg1.army.mil/rs/echoes.asp

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

Fidelis

Navy Gateway Inns & Suites: www.mwr.navy.mil

ITT: http://dodlodging.net

http://navymwr.org/mwrprgms/itt.html

Sir Walter Raleigh:
Spring 2015

http://www.uscg.mil/hq/cg1/psc

http://www.uscg.mil/hq/cg1/pac

http://www.uscg.mil/hq/cg1/pacras

http://www.uscg.mil/hq/cg1/pacras
The San Antonio-class amphibious transport dock ship USS Green Bay (LPD 20) transits the East China Sea. Green Bay, part of the Bonhomme Richard Amphibious Ready Group, is conducting a certification exercise.

(Photo by Mass Communication Specialist 3rd Class Edward Gutierrez III)