

SECNAV Responds to RC Report

From Navy Retired Activities

The Secretary of the Navy's (SECNAV) Retiree Council (SNRC) met at the Washington Navy Yard in August 2015. The council meets annually in accordance with SECNAV Instruction 5420.1691, and is made up of both Navy and Marine Corps retired volunteers.

The council debates areas of retiree concerns and makes recommendations to the Secretary of the Navy. After the council issues its recommendations, they are reviewed by the Secretary, who then issues a response.

Among the highlights are:

In a repeat issue from 2014, the council made recommendations to address the shortage of mental healthcare providers, to include increased funding, recruiting providers and providing educational, administrative and financial support to decrease barriers to Tricare participation. The Secretary's response concurred with the Navy that during FY-15, Tricare added 14,022 behavioral health providers to its network, in-



cluding six overseas.

Currently, military retirees with a combined Veterans Affairs (VA) disability rating of at least 50 percent and with at least 20 years service receive both a full military retired pension and full VA disability compensation benefits.

The council recommended Navy support of initiatives referred to Congress to pass legislation amending Title 10 of the U.S. Code to expand the Concurrent Retirement and Disability

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Retiree Council meeting set for summer 2017

Make your recommendations for upcoming conference

From Navy Retired Activities

The 2017 Secretary of the Navy's Retiree Council meeting will take place at the Admiral Gooding Conference Center onboard the Washington Navy Yard, Aug. 21-25.

The Navy and Marine Corps Retiree Council was established in 1970 as the Secretary of the Navy's Advisory Committee on Retired Personnel (ACRP).

The name was later changed to the Committee on Retired Personnel (CRP) and is now called the Secretary of the Navy's Retiree Council (SECNAV's RC).

2017 SECNAV Retiree Council Members

- | | |
|--------------------------------|-------------------------------|
| Jon Altmann, USN (Ret.) | Martin Menez, USN (Ret.) |
| Raymond Applewhite, USN (Ret.) | William Newell, USN (Ret.) |
| John Beattie, USN (Ret.) | James Spagnole, USN (Ret.) |
| Thomas Brennan, USN (Ret.) | Byrd Thibodaux, USN (Ret.) |
| Barbara Brookins, USN (Ret.) | Eric Wenzel, USN (Ret.) |
| Edwin Burdick, USN (Ret.) | Gerald Kiehl, USMC (Ret.) |
| Ricky Farris, USN (Ret.) | Frederick Mahady, USMC (Ret.) |
| DiJon Fasoli, USN (Ret.) | James Rooney, USMC (Ret.) |
| Ronald Ignelzi, USN (Ret.) | Valerie Simon, USMC (Ret.) |
| Bert Levesque, USN (Ret.) | John Veneziano, USMC (Ret.) |
| | Jeremiah Workman, USMC (Ret.) |

Its mission is to advise SECNAV on matters relating to retired personnel and review the effectiveness of retirement

programs and policies.

The Council's primary purpose is

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★ Shift Colors

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Musician 1st Class Vince Moody of the U.S. 7th Fleet Band, Far East Edition, performs at St. Mary's National School while participating in a community engagement event during Pacific Partnership 2017 Sri Lanka. Pacific Partnership is the largest annual multilateral humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Asia-Pacific and aims to enhance regional coordination in areas such as medical readiness and preparedness for manmade and natural disasters.

Photo by Seaman Mass Communication Specialist 2nd Class Joshua Fulton

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Payment entitlement to all military retirees, regardless of VA disability rating. The Secretary, while not opposed, pointed out such an expansion would cost approximately \$35 billion over 10 years, and such a proposal could not be made without an equivalent budgetary offset.

In dealing with survivor's benefits, the council recommended that the Survivor Benefit Plan (SBP) should not be offset by the Dependency and Indemnity Compensation (DIC). Survivors eligible for both SBP and DIC must forfeit one dollar of SBP annuity for every dollar of DIC received from the VA. The Secretary responded that elimination of the offset would create inequity compared to beneficiaries who are not eligible for both by creating a group of survivors receiving two government-subsidized survivor annuities.

The council revisited extending presumption of Agent Orange exposure by "blue-water" Sailors. The council recommended the Secretary endorse the presumed exposure and support legislative change. If pending legislation (H.R. 969 and S.B. 681) fails or is delayed, the council intends to resubmit the issue. The response

stated both bills remain in subcommittee, and that the Secretary will continue to monitor this legislation and update the council.

The council also made recommendations for expansion of Tri-care overseas, urging SECNAV to take action to encourage Tri-care efforts to increase the number of providers overseas, especially in areas around former U.S. military concentration areas.

The Secretary's response was that Tricare representatives indicated regional contractors use proprietary models to determine numbers of required providers. The representatives disagreed with a Navy assessment that the models do not take retirees into account.

The Secretary indicated he will continue working with Tricare to determine if this issue needs further resolution.

Other issue recommendations receiving responses covered issues such as the medical evaluation process for those on the Temporary Disabled Retired List, transitional housing for single parent veterans with children, Space Available transportation, VA claims for radiation exposure, and TRICARE eye coverage and program enrollment fees.

For the full report, go to <http://www.public.navy.mil/bupers-npc/reference/publications/shiftcolors/Documents/Response.pdf>

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to discuss issues and concerns to the military retired community and make recommendations to the Secretary of the Navy for improvements to benefits, privileges, quality of life, and morale, along with other pertinent matters.

The Council is composed of 24 retired military members; 12 officers and 12 enlisted personnel. The Council meets annually in Washington, D.C., and submits a SECNAV RC Report to the Secretariat for response.

This year's council is headed by retired Navy Vice Admiral Nanette DeRenzi, retired Marine Corps Sgt. Maj. William Whaley and the Council's Chief of Staff, retired Navy Capt. Martin Menez. Council committees are Compensation, Medical and Outreach/Resource.

Retirees may submit recommendations to the Council via Facebook at: www.facebook.com/Navy-and-Marine-Corps-Retirees-134031983278683/. Retirees may also send recommendation to Program Director for the Navy's Retired Activities Program at:

MILL_RetiredActivities@navy.mil, for forwarding to the one of the council members listed on Page 1.

2017 NAVY RETIREE SEMINAR & APPRECIATION DAY EVENTS

Retiree Appreciation Day

Naval Base Kitsap/
Naval Station Bremerton
Saturday, July 8, 9 a.m.-noon
Jackson Park Community Center,
90 Olding Road Bremerton, Wash.
POC: (360) 396-1768
Email: britt.feldman@navy.mil

Retiree Appreciation Day
Naval Support Activity Mid-South
Millington, Tenn.
Saturday, Sept. 9, 8 a.m.-2 p.m.
NSA Mid-South Conference Center
Email: julia.powell@navy.mil

Retired Appreciation Day
Naval Air Station, Lemoore, Calif.
Saturday, Sept. 23, 9 a.m.
Station Theater, 824 Hancock Circle
Email: james.bloxsom.ctr@navy.mil

Retiree Appreciation Day
Air National Guard Base Selfridge, Mich.
Saturday, Sept. 23, 8 a.m.
Dining Facility, Bldg. 164,
43156 Wagner Street
Email: selfrao@yahoo.com

Joint Retiree Appreciation Day
Navy Operational Center
Minneapolis, Minn.
Saturday, Sept. 30, 7:30 a.m.
Mystic Lake Main Ballroom

Email: metrojad@gmail.com

Retiree Appreciation Day
Sub Base New London, Conn.
Saturday, Oct. 14, 9 a.m.
Dealy Center (Base Auditorium)
Email: navret2@aol.com

Retiree Seminar
Naval Air Station Pensacola, Fla.
Saturday, Oct. 21, 7:30 a.m.
Mustin Beach Club
POC: (850) 452-5618

Retiree Seminar
Naval Base San Diego, Calif.
Saturday, Nov. 4, 8 a.m.
Anchors Catering Conference Center
RSVP: (619) 556-7412

Retiree Appreciation Day
Navy Operations Support Center
Phoenix, Ariz.
Saturday, Oct. 29, 8 a.m.
Luke Air Force Base (NOSC)
POC: Bill Best, (623) 856-3923/6827
Email: bjb9930@aol.com

Retiree Appreciation Day
Joint Base Pearl Harbor-Hickam
Saturday, Nov. 4 7:30 a.m.-noon
Hickam Officers' Club
POC: Phone: (808) 474-0032
Email: jack9562@gmail.com

Best Ways to Get, Replace Lost 1099R

Retirees, annuitants can request copies of missing tax statements in several different ways

Courtesy DFAS

Military retirees and annuitants receive a 1099R tax statement either electronically via myPay or as a paper copy in their mail each year. But there are times when a document is misplaced among your other credit card, bank or tax statements; or you may need a 1099-R from several years ago for pending financial business.

You can request copies of your 1099R tax statements in several different ways.

The fastest and most secure way to obtain a copy of your 1099R is myPay. Just log in to myPay and you can print your 1099R at home when you need it. You will find instructions for accessing your 1099-R using myPay.

Not a myPay user yet? If the mailing address you have on file with DFAS is current, the fastest and easiest way to get a copy of your 1099R is to use the telephone self-service option. Telephone self-service requests are logged instantly and are sent to your current address of record within 7-10 business days. To use telephone self-service:

☎ Call (800) 321-1080

- ★ Select option "1" for Military Retired and Annuitant Pay
- ★ Select option "1" for Self-Serve
- ★ Enter your Social Security Number when prompted
- ★ Your 1099-R should be in the mail within 7-10 business days to your address we have on record.

If the address you have on file with us is out of date and if you're not a myPay user, you can request your 1099R be sent to your current address or a new address using one easy form.

Plus, you can request prior year 1099R's as well. Your transaction will be logged instantly and you will receive your 1099R in the mail in 7 to 10 business days.

Do you prefer traditional mail? If so, send us a written request by fax or mail, and make sure you leave us time to reply. Keep in mind; it takes us 30 to 60 days to process requests received by fax or mail. Find complete instructions at <https://www.dfas.mil/retiredmilitary/manage/taxes/getting1099r/viawrittenreq.html>

Members with unique situations can speak directly to one of our customer care representatives. Depending on call volume, you may have to wait on hold while we assist other customers. For more information, there are several ways to contact DFAS Retired and Annuitant Pay. Be sure to include full name, daytime phone number, social security number and signature on all written correspondence.

Effective May 1, the addresses below are being discontinued and will be replaced by addresses in Indianapolis. See the story below right for more information.

Retirees:

Defense Finance and Accounting Service
U.S. Military Retired Pay
P.O. Box 7130
London, KY 40742-7130

Annuitants, Beneficiaries and Survivors:

Defense Finance and Accounting Service
U.S. Military Annuitant Pay
P.O. Box 7131
London, KY 40742-7131

2017 Retired & Annuitant Pay Dates

Entitlement Month	Retiree Pay Date	Annuitant Pay Date
January	February 1	February 1
February	March 1	March 1
March	March 31	April 3
April	May 1	May 1
May	June 1	June 1
June	June 30	July 3
July	August 1	August 1
August	September 1	September 1
September	September 29	October 2
October	November 1	November 1
November	December 1	December 1
December	December 29	January 2

DFAS Inbound Mail Address Will Change Effective May 1

Effective May 1, the DFAS addresses will be replaced by addresses in Indianapolis. The new addresses are:

DFAS
U.S. Military Retired Pay
8899 E 56th Street
Indianapolis IN 46249-1200

DFAS
U.S. Military Annuitant Pay
8899 E 56th Street
Indianapolis IN 46249-1300

The old PO Boxes in London, Ky., will remain open and all mail will be forwarded to the new address for one year. However, sending mail to the old address will add three to five days to the normal processing time. Telephone and fax numbers are not changing.



Veterans Administration Legislation Passes House

The House of Representatives recently passed three bills that impact veterans. The “VA Accountability First Act” (H.R. 1259), sponsored by Rep. Phil Roe (Tenn.) and supported by the Fleet Reserve Association (FRA). This bill would increase the authority of the Secretary of the Department of Veterans Affairs (VA) to discipline and fire workers at VA while still protecting the legal rights of those employees.

It would also strengthen protections for whistleblower employees at the VA. Further, H.R. 1367, sponsored by Rep. Brad Wenstrup (Ohio) would expand the authority of the VA Secretary to hire and retain physicians and other employees.

Lastly the “Veterans 2nd Amendment Protection Act” (H.R. 1181), sponsored by Rep. Phil Roe (Tenn.), would prevent veterans who only need help managing their finances and are not a threat to themselves or others, from being banned from owning firearms. The bill would require determination from a judge or magistrate stating the veteran is a threat before the veteran could be listed as a person prohibited from owning guns.

The bills now go to the Senate for further consideration.

In the Senate: H.R. 244, “Honoring Investments in Recruiting and Employing American Military Veterans Act of 2017,” passed with changes.

The bill, as amended, would require the Department of Labor (DOL) to establish the HIRE Vets Medallion Program, within two years of enactment, to annually recognize private and public sector businesses for efforts to employ veterans. Labor would make awards to employers, on a voluntary basis, who recruit, employ, and retain veterans; and pro-

vide community and charitable services supporting the veteran community. Employers would earn platinum or gold status based on requirements related to the number of veterans hired each year, if they provide pay equity for Guardsmen and Reserve employees who were called up to active military service, and if certain other requirements are met.

Subcommittee Hearing Focuses on Review, Correction Boards

The House Armed Services, Military Personnel Subcommittee (HASC-MP) recently held an oversight hearing for the boards for correction of military records and the discharge review boards for the Army, Navy, and Air Force.

Chair (Rep) Mike Coffman said: “These boards are charged with the difficult mission of correcting errors in, and considering mitigating facts and removing injustices from, military records. They receive thousands of applications each year that request everything from name changes on personnel documents to discharge upgrades.”

Rep. Coffman also said he was interested in additional challenges in the timely processing of applications, and what resources are needed to overcome these challenges. Finally, the hearing discussed ways to improve applicants’ access to the boards by leveraging new technology like video teleconference. FRA welcomes and appreciates oversight hearings to ensure agencies are operating efficiently.

FRA Leader Addresses Veterans’ Committees

FRA National President Donald Larson testified before a joint hearing of the House and Senate Veterans Affairs Committees this week. NP Larson was

the second person to testify in a panel of nine witnesses from other Military/Veterans Service Organizations (MSO/VSO) organizations. NP asked Congress to pass legislation (S. 422/H.R. 299), which expands presumption for Blue Water Vietnam veterans exposed to Agent Orange herbicide while serving off the coast of Vietnam.

The National President’s testimony requested Congress to enact legislation that will reduce the large backlog of disability claims appeals at the VA. The legislation would provide critical oversight and reform for the Veterans Choice program that increases veterans’ access to non-VA care. Larson asked that the VA Caregiver program be expanded to include those who care for all catastrophically disabled veterans. Currently the program applies only to caregivers of veterans disabled after Sept. 11, 2001.

DHA: Transition to New TRICARE Contract Delayed

During a recent meeting of the Military Health System (MHS) MSO/VSO Executive Council, attended by FRA National Executive Director Thomas Snee, the Defense Health Agency (DHA) announced the transition to the new TRICARE contract will be delayed from Oct. 1, 2017, to Jan. 1, 2018.

The new contract reduces TRICARE from three regions -- North, South and West -- to two, East and West. Humana Health Insurance Company will manage the East and Health Net Inc., will manage the West.

The delay aligns the rollout of the new regions and contractors with the transition to TRICARE Select, which will replace TRICARE Extra and TRICARE Standard.

This alignment will reduce disruption of care for TRICARE recipients.

TRICARE Can Offer Relief for Allergy Sufferers

Courtesy TRICARE

Whether it is seasonal or a reaction to a specific food, allergies can be both-ersome or dangerous. With seasonal allergies, depending on where you live, allergies can begin to affect you as early as February. If you suffer from food or other allergies, the effects can be felt year-round.

The key to relief is finding exactly what you are allergic to as soon as possible.

Allergies occur when the immune system reacts to substances that do not bother the general population. According to the U. S. National Library of Medicine, allergic reactions are sensitivities to substances, known as allergens, which come into contact with the skin, nose, eyes, respiratory tract, and gastrointestinal tract.

Allergens can be breathed into the lungs, swallowed, or injected.

Common seasonal allergens and when sufferers may begin to experience a reaction are:



- Trees: February to June
- Grasses: May to August
- Ragweed: August to October
- Mold: Does not fluctuate by season

Common food allergens are:

- Nuts
- Eggs
- Milk/Dairy
- Fish
- Shellfish/Seafood
- Wheat
- Soy

Reactions vary for each person when they are exposed to something to which they are allergic. First-time exposure may produce only a mild reaction. Mild

allergic reactions include itching, rashes, watery or red eyes and nasal congestion.

Certain reactions can occur several hours after exposure, particularly if the allergen causes a reaction after being eaten. In very rare cases, reactions develop after 24 hours.

However, one of the most severe allergic reactions, anaphylaxis, is a sudden and severe allergic reaction that occurs within minutes of exposure. Anaphylaxis requires immediate medical attention.

Doctors use skin and blood tests to diagnose allergies and determine treatment options. TRICARE covers services and supplies required in the diagnosis and treatment of allergies. Treatments include medicines, allergy shots, and avoiding the substances that cause reactions.

If you suffer from allergies or need more information, please visit the Allergy Services page on the TRICARE website to learn more about what treatment options are available. Go to:

www.tricare.mil

Save When Filling Prescriptions at Military Pharmacies

Courtesy TRICARE

Did you know that you can fill your prescriptions at military pharmacies at no cost to you?

Military pharmacies can fill prescription written by military or civilian provider for up to a 90-day supply of most drugs. Check with the pharmacy first to make sure they carry your drug. You can find the military pharmacy closest to you at www.tricare.mil/MTF.

Military pharmacies stock most drugs on the basic core formulary and many brand name maintenance drugs on the uniform formulary. Beneficiaries have no copay for prescription drugs at military pharmacies.

Military pharmacies do accept electronic prescriptions from civilian providers, which can save time and cut down on potential errors from using a paper prescription.

If you call the military pharmacy and they can't fill your prescription, you have other choices, including TRICARE Pharmacy Home Delivery and retail network pharmacies.

The process to transfer a prescription to a military pharmacy is simple. Just take your prescriptions to the new pharmacy and they will work with your old pharmacy to move it.

You can pick up prescriptions for a family member or someone else at military pharmacies but the process may be different at each pharmacy. Get guidance from your military pharmacy to learn what you need to pick up another's prescription.

Military pharmacies are usually found at a military hospital or clinic but some are free-standing facilities located elsewhere on the post or base. For more information about using military pharmacies go to <https://www.tricare.mil/Covered-Services/Pharmacy/FillPrescriptions/MilitaryPharm>.

SECNAV Retiree Council & NPC Retiree Activities on the Web

SECNAV Retiree Council page:

http://www.public.navy.mil/bupers-npc/support/retiree_council/Pages/default.aspx

NPC Retired Activities Branch:

http://www.public.navy.mil/bupers-npc/support/retired_activities/Pages/default.aspx

TRICARE Dental undergoes changes

Courtesy TRICARE

Beginning May 1, 2017, United Concordia Companies, Inc. (United Concordia) will manage the TRICARE Dental Program (TDP). Beneficiaries don't need to take any actions to continue their coverage.

Improvements to the TDP include:

- The annual maximum TDP will pay will increase from \$1,300 to \$1,500
- Sealants will be a free and preventive treatment, and a 20 percent cost share is no longer included.
- The auto-enrollment age for family members will lower from age 4 to 1
- For most beneficiaries, monthly premium rates will decrease

The Active Duty Dental Program and TRICARE Retiree Dental Program will not change.

Your access to quality care will not change. However, some dentists currently in the TDP network may leave, while new ones will join. So, those currently enrolled may need to find a new dental provider. To find participating dentists please visit:

www.uccitdp.com/find-a-dentist/

You may nominate dentists to participate by clicking on the link above and completing a simple form.

Making a Date with Your Dentist Just Got Easier

Smartphone App Users Can Find, Book Appointments

Courtesy Delta Dental

Most consumers know they should be getting to the dentist more often, but too frequently busy schedules push the thought out of mind and they just never get around to making the appointment.

In January, Delta Dental announced a new tool to change that.

Brighter Schedule™ helps consumers to make their dental appointments while the thought is top of mind.

Beginning in March, Delta Dental subscribers can find available times to see their dentist and make an appointment right from the Delta Dental app, the feature will also be available on Delta Dental's online provider directory starting in July.

"Delta Dental is focused on adding products that make it easier for both patients and providers to connect, making it simpler for patients to utilize their dental benefits," said Scott Jessee, Delta Dental Plans Association vice president, information technology. "Now, they can make dental appointments when it's convenient for them."

"Bringing technology and consumerism to healthcare delivers great value to patients, providers and plan sponsors alike," said Jake Winebaum, CEO of Brighter, Inc., the company that powers Brighter Schedule™. "We are excited to begin working with Delta Dental to enable their members and providers to more efficiently and conveniently connect with each other."



A Sailor and Marine man the rails of the amphibious assault ship USS Iwo Jima (LHD 7) as it passes the Statue of Liberty. Iwo Jima participated in Veterans Week New York City in November 2016 to honor the service of all our nation's veterans. The ship had recently returned from a humanitarian assistance mission to Haiti in the aftermath of Hurricane Matthew.

U.S. Navy photo by Seaman Daniel C. Coxwest

VA Will Provide Disability Benefits for Camp Lejeune Water-Related Diseases

Courtesy VA

The Department of Veterans Affairs' (VA) regulations to establish presumptions for the service connection of eight diseases associated with exposure to contaminants in the water supply at Camp Lejeune, North Carolina, are effective as of March 14.

"Establishing these presumptions is a demonstration of our commitment to care for those who have served our nation and have been exposed to harm as a result of that service," said Secretary of Veterans Affairs, Dr. David J. Shulkin. "The Camp Lejeune presumptions will make it easier for those Veterans to receive the care and benefits they earned."

The presumption of service connection applies to active-duty, reserve and National Guard members who served

at Camp Lejeune for a minimum of 30 days (cumulative) between Aug. 1, 1953, and Dec. 31, 1987, and are diagnosed with any of the following conditions:

- Adult leukemia
- Aplastic anemia (and other myelodysplastic syndromes)
- Bladder cancer
- Kidney cancer
- Liver cancer
- Multiple myeloma
- Non-Hodgkin's lymphoma
- Parkinson's disease

The area included in this presumption is all of Camp Lejeune and Marine Corps Air Station New River, including satellite camps and housing areas.

This presumption complements the health care already provided for 15 illnesses or conditions as part of the Hon-



oring America's Veterans and Caring for Camp Lejeune Families Act of 2012.

The Camp Lejeune Act requires VA to provide health care to Veterans who served at Camp Lejeune, and to reimburse family members or pay providers for medical expenses for those who resided there for not fewer than 30 days between Aug. 1, 1953, and Dec. 31, 1987.

VA Intends to Expand Mental Health Care to Ex-Service Members With OTH Discharges

Courtesy VA

Department of Veterans Affairs Secretary Dr. David J. Shulkin while testifying in a House Veterans Affairs Committee hearing on March 7, 2017, announced his intention to expand provisions for urgent mental health care needs to former service members with other-than-honorable (OTH) administrative discharges. This move marks the first time a VA Secretary has implemented an initiative specifically focused on expanding access to assist former OTH service members who are in mental health distress and may be at risk for suicide or other adverse behaviors.

"The president and I have made it clear that suicide prevention is one of our top priorities," Shulkin said. "We know the rate of death by suicide among Veterans who do not use VA care is increasing at a greater rate than Veterans who use VA care. This is a national emergency that requires bold action. We must and we will do all that we can to help former service members who may be at risk. When we say even one



SHULKIN

Veteran suicide is one too many, we mean it."

It is estimated that there are a little more than 500,000 former service members with OTH discharges. As part of the proposal, former OTH service members would be able to seek treatment at a VA emergency department, Vet Center or contact the Veterans Crisis Line.

"Our goal is simple: to save lives," Shulkin continued. "Veterans who are in crisis should receive help immediately. Far too many Veterans have fallen victim to suicide, roughly 20 every day. Far too many families are left behind asking themselves what more could have been done. The time for action is now."

Before finalizing the plan in early summer, Shulkin will meet with Congress, Veterans Service Organizations and Department of Defense officials to determine the best way forward to get these former service members the care they need.

"I look forward to working with leaders like Congressman Mike Coffman from Colorado, who has been a champion for OTH service members," Shulkin added. "I am grateful for his commitment to our nation's Veterans and for helping me better understand the urgency of getting this right."

Veterans in crisis should call the Veterans Crisis Line at (800) 273-8255 (press 1), or text 838255.

Navy Chief Finds Joy in Volunteer Work

By Petty Officer 1st Class
Timothy Walter,

Navy Recruiting District Nashville

Navy Chief Petty Officer Heather Lane had a grin that remained constant for hours as she chopped away on peppers and cucumbers to fill the large clear containers with vegetables for the next meal at the Nashville Rescue Mission here.

Service sometimes refers to a military commitment or the action of helping others. For Lane, it means both.

The meaning of the word was all in her smile.

She wasn't the only one smiling. Nine other sailors from Navy Recruiting District Nashville were assisting in the assembly line of meal preparation to help feed the homeless as part of an ongoing community outreach effort. A group of recruiters filled food trays with ham sandwiches while others emptied cans of corn to prepare in a large vat. The whole group was there to volunteer and serve largely as of result of Lane.

Passionate About Volunteer Work

For her, volunteering has become a passion over the course of nearly 20 years in naval service.

"I started volunteering because of my childhood. I came from a past where people would show up to my door and they were the ones that provided my Christmas gifts. I started giving back because I'm now the one in a place where I can give back," said Lane, a native a Biddeford, Maine, and current resident of Gallatin, Tenn.

The more Lane served, she said, the more her motivations matured, driving the intensity of her efforts.

"It started out as giving back to replace what I was given as a child. Then it became about giving back for my career. Later, it became about giving back for the glory of God. Now it's just a contagious thing seeing a smile on someone's face knowing that I helped to put it there. It's a pretty awesome feeling," she said.

When she says contagious, she practices what she preaches. Once she under-



Photo by Petty Officer 1st Class Timothy Walter

Navy Chief Petty Officer Heather Lane sorts vegetables at the Nashville Rescue Mission in Tennessee, where members of Navy Recruiting District Nashville volunteered to prepare and serve food for the homeless, Dec. 28, 2016.

stood the impact that her time and effort could produce, she sought out ways to multiply her enthusiasm and that meant recruiting others to join her. It has led her on many group projects at previous naval commands and most recently to the Nashville Rescue Mission and a local chapter of Habitat for Humanity.

Each time she signed up with the expectation of recruiting others, she found the line of volunteers form quickly behind her. Nearly a dozen sailors met her in Gallatin when she decided to volunteer at a Habitat for Humanity ReStore in order to benefit a friend who lost his home to a fire. As she saw the group of people standing beside her, she was overwhelmed and inspired.

"There are times that I will tear up because I know I am making a difference. People sometimes believe that one person can't make a difference, but I believe that one person can. If everybody believed that this world would be a different place," she said.

In less than a year, Lane will retire from the Navy and begin a civilian career. When she leaves she will have completed in excess of 6,000 volunteer hours, received four Military Outstand-

ing Volunteer Service Medals, and be eligible for the Presidential Lifetime Achievement Award for volunteer service. She said that she counts the experience of service far more worthy than the medal itself, though she does appreciate the recognition as a reminder of what she was able to do in addition to an honorable military career.

"When I received awards for my job, it was mostly because of something that I had to do. The Volunteer Service Medal isn't something that I went on a path to get. It was something that people started recommending me for. At first I didn't necessarily want it because I didn't need to be recognized for something that I already love to do. But then I realized how much it meant that my [leaders] recognized me for something that was beyond the regular requirements of my job," she said.

As for life after the Navy, she plans to continue pursuing her passion and is closely watching the volunteer coordinator opportunities around Nashville.

"I will do something that I love. It's not going to be about money, but about being a lifelong volunteer and encouraging others to join me," she said.

REUNIONS



To ensure your reunion has the more exposure, send us your information as soon as the details for your event are finalized.

SHIP/STATION	Date	Phone	Email/Web
USS CONSERVER (ARS 39)	Apr. 20-22	(619) 449-4499 (619) 449-7104	dcwoodworking1@yahoo.com www.usssconserver.org
USS DONNER (LSD-20)	Apr. 24-26	(610) 775-7539	dennisheimb@gmail.com
USS WALDRON (DD-699)	Apr. 27 - May 1	(512) 282-4507	hughronwells@yahoo.com
Naval Nuclear Power Unit, PM-3A	Apr. 30 - May 5	(505) 835-5358	forrobert1@gmail.com
USS RICH (DD/DDE 20)	May 1-5	(724) 864-2026	reunion2017@ussrich.org www.ussrich.org
USS LAWRENCE (DD-250/DDG-4) Association	May 2-7	(814) 322-4150	dguts@usslawrence.com
USS SAN MARCOS (LSD 25)	May 4-7	(215) 287-4311	jacklieberman8104@comcast.net
USS YOSEMITE Association	May 6-13	(352) 419-6620	wwkrug94@gmail.com www.ussyosemite.net
USS CARPENTER (DD-825)	May 18-22	(714) 776-4019	kennjd3@gmail.com
USS COGSWELL (DD 651)	June 3-5	(760) 889-2216	secretary@usscogswell.com
USS THOMAS C HART (DE/FF 1092)	June 6-11	(952) 220-8553	groenrandy@gmail.com www.thomaschart.org
USS SEAWOLF (SSN 21)	July 19-21	(860) 514-6833	
Naval Air Station Sanford, 1942-1968	June 22-25	(407) 302-2252	dlfrsf@aol.com
USS YELLOWSTONE (AD-27)	Aug. 23-27	(325) 208-5400	bowp@centurylink.net
USS JAMES MONROE (SSBN-622)	Aug. 26 - Sept. 1	(610) 554-7801	hook622@yahoo.com
USS JOHN R. CRAIG (DD-885)	Sept. 6-10	(734) 525-1469	jermail@ameritech.net
USS THETIS BAY (CVE-90/CVHA-1/LPH-6)	Sept. 6-10	(608) 249-9961	shaggybear11@charter.net
USS RANDOLPH (CV-15/CVA-15/CVS-15)	Sept. 17-24	(321) 454-2344	
USS EUGENE A. GREENE (DD-711/DDR-711)	Sept. 18-22	(864) 784-9655	weirtom@hotmail.com
USS RANGER (CVA-61/CV-61)	Sept. 20-23	(203) 453-4279	uss.ranger@yahoo.com
USS BREMERTON (CA-130/SSN-698)	Sept. 24-29	(585) 365-2316	rpolanowski@stny.rr.com
USS WILHOITE (DE-397/DER-397)	Oct. 2-5	(479) 280-2776	sailingaway1987@gmail.com
Bombing Squadron (VB-109/VPB-109)	Oct. 5-7	(814) 866-6683	
USS INCHON (LPH-12/MCS-12)	Oct. 15-19	(717) 203-4152	ussinchon@gmail.com

Retiree Checklist: What Survivors Should Know

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

1. Create a military file.

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

2. Create a military retired pay file.

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

3. Create an annuities file, to include:

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

4. Create a personal document file.

- Marriage Records
- Divorce decree
- Adoptions and naturalization papers

5. Create an income tax file.

- Copies of state and federal income tax returns

6. Create a property tax file.

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

7. Create an insurance policy file.

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

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

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

- Credit card account numbers and mailing addresses

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

- Organization names and phone numbers
- Membership fee information

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

- Include names, addresses and phone numbers

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

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

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

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

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

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

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

Feedback

Our office is always looking to improve on how information is provided to the retired Navy community. Please send suggestions to MILL_RetiredActivities@navy.mil or:

Department of the Navy
OPNAV N170C
Retired Activities Branch
5720 Integrity Drive
Millington, TN 38055-6220

This Year's Navy Week Events Underway

From Navy Office of Community Outreach Public Affairs

From Portland, Maine, to Spokane, Washington, America's Navy will sail into several cities across the country this year as part of the Navy Week outreach program.

Navy Weeks, coordinated by the Navy Office of Community Outreach (NAVCO), are designed to give Americans the opportunity to learn about the Navy, its people, and its importance to national security and prosperity. Since 2005, the Navy Week program has served as the Navy's flagship outreach effort into areas of the country without a significant Navy presence, with 195 Navy Weeks held in 71 different U.S. markets.

"Navy Weeks are designed to show Americans the tremendous investment and unmatched capability they have in their Navy," said Cmdr. John Gay, NAVCO's director. "Because the Navy is concentrated primarily on both coasts, we're challenged to communicate our mission away from fleet concentration areas. The Navy Week program helps us do that."

Navy Weeks are scheduled for the following cities:

Memphis, Tenn., May 8-14
Spokane, Wash., May 15-21
Pittsburgh, June 19-25
Minneapolis/St. Paul, Minn., July 17-23
Green Bay/Fox Cities, Wis., July 24-30
Indianapolis, Aug. 7-13
Portland, Maine, Aug. 21-27
Detroit, Aug. 28-Sept. 4
Salt Lake City, Sept. 11-17
Little Rock, Ark., Oct. 16-22
Fort Worth, Texas, Oct. 23-29

An additional Navy Week will be added during the year at a location and time to be determined.

Navy Weeks bring a variety of events, equipment, and personnel to a single city for a weeklong series of engagements with the public, key influencers, and organizations representing all sectors of the community.



Photo by Mass Communication Specialist 1st Class Marcus L. Stanley

Navy Diver 2nd Class Alex Ondina plays tic-tac-toe with a young boy while submerged in a dive tank during a recent Navy Week event in Mobile, Ala.

"During a Navy Week, 75-100 outreach events are coordinated with corporate, civic, government, education, media, veterans, community service, and diversity organizations in the city," said Lt. Cmdr. Brett Dawson, NAVCO's event planning department head. "We bring in as much of the Navy as we can to raise awareness of the Navy, its mission, and its importance to the public."

The Blue Angels; the Navy Parachute Team; bands; divers; Seabees; explosive ordnance disposal teams; naval aviation aircraft and aircrew; Sailors from ships and submarines with namesake

ties; hometown Sailors; Navy Medicine personnel; USS Constitution Sailors and equipment; Naval History and Heritage Command; science, technology, engineering, and mathematics (STEM) and environmental assets; the Navy Ceremonial Guard; and Navy recruiting assets all have participated in the Navy Week program in various capacities over the life of the program.

Navy Week cities are chosen based on a variety of factors, including Gallup data on Navy knowledge and awareness, Navy recruiting data, demographic information, namesake ties of ships and submarines, past outreach history in the market, and geography to ensure events are dispersed across the country.

Last year's Navy Week program, through the execution of more than 900 individual outreach events, showcased the Navy, its mission, and its people to a combined audience of approximately 70 million Americans.

For more information, visit www.navy.mil, www.facebook.com/usnavy or www.twitter.com/usnavy.

Navy Office of Community Outreach, visit www.navy.mil/navco/ or www.youtube.com/user/NavyWeek?feature=equalequalshum/.



Photo by Mass Communication Specialist 2nd Class Timothy Schumaker

Vice Adm. Raquel Bono, director of the Defense Health Agency Medical Corps, speaks at a Vietnam Memorial wreath laying during the recent Navy Week Austin.



The U.S. Navy Flight Demonstration Squadron, the Blue Angels, are currently performing across the U.S. Formed in 1946, the team is stationed at Forrest Sherman Field, Naval Air Station Pensacola, Fla., during the air show season. The squadron spends January through March training at Naval Air Facility El Centro, Calif.

2017 SHOW SCHEDULE (April - September) * *all shows subject to funding availability*

For a full schedule of shows and ticket information, go to www.blueangels.navy.mil/show/#show

April

22-23: NAS New Orleans, La.
29-30: MCAS Beaufort, S.C.

May

6-7: Barksdale, La.
13-14: Millington, Tenn.
20-21: Seymour Johnson AFB, N.C.
24: Annapolis, Md.
26: Annapolis, Md.
(Naval Academy Graduation Flyover)

27-28: Millville, N.J.

June

3-4: Duluth, Minn.
17-18: Ocean City, Md.
24-25: Latrobe, Pa.

July

1-2: New Windsor, N.Y.
8: Pensacola Beach, Fla.
15-16: Milwaukee, Wis.
22-23: Idaho Falls, Idaho

29-30: Oshkosh, Wis.

August

5-6: Seattle, Wash.
19-20: Chicago, Ill.
26-27: Brunswick, Maine

September

2-4: Ypsilanti, Mich.
9-10: OPEN (TBD)
16-17: NAS Oceana, Va.
23-24: MCAS Miramar, Calif.
30: Huntington Beach, Calif.



Retired Activities Office Phone Listing

NOTE: Locations listed with '★' need volunteers.

Navy and Joint RAOs

Arizona

➤ Retired Activities Office
Navy Operational Support Center
14160 W. Marauder St.
Luke AFB, Phoenix, AZ 85309
9 a.m. - 1 p.m. (Mon.-Fri.)
☎ (602) 353-3033

California

➤ Retired Activities Office
Naval Air Weapons Station
Code 75H000D
1 Administration Circle
China Lake, CA 93555-6100
9 a.m. - 3 p.m. (Mon.-Fri.)
☎ (760) 939-0978

➤ Retired Activities Office (★)
Fleet And Family Support Center
966 Franklin Ave.
Naval Air Station
Lemoore, CA 93246-5001
☎ (559) 998-4032

➤ Retired Activities Office
Housing Office Bldg. 587
Moffet Field, Ca 94035-0162
9:30 a.m. - 12:30 p.m.
(Tues., Wed., Fri.)
☎ (650) 603-8047

➤ Retired Activities Office
Fleet And Family Support Center
1000 23rd Ave, Bldg 1169
Port Hueneme, CA 93043
9 a.m. - 3 p.m. (Mon.-Fri.)
☎ (805) 982-1023

➤ Retired Activities Office
Naval Amphibious Base (NAB)
3324 Guadalcanal Road, Bldg. 16
Coronado, CA 92155
8:30 a.m. - 4 p.m. (Mon., Tues.,
Thu.-Fri.)
☎ (619) 437-2780

➤ Retired Activities Office
Navy Base San Diego (NBSD)
3005 Corbina Alley, Bldg 259
San Diego, Ca 92136-5190
0830-1600 (Mon, Tues, Thu, Fri)
☎ (619) 556-8987

➤ Retired Activities Office
Naval Weapons Station Seal Beach
800 Seal Beach Blvd.
Bldg. 22, Room. 2
Seal Beach, Ca 90740-5000
9 a.m - 3 p.m. (Mon.-Thu.)
9 a.m. - noon (Fri.)
☎ (562) 626-7152

Connecticut

Retired Activities Office
Naval Sub Base, New London
Building 83, Room 172
P.O. Box 93
Groton, CT 06349-5000
9 a.m. - noon (Mon. - Fri.)
☎ (860) 694-3284

Florida

➤ Retired Activities Office
Naval Air Station, Jacksonville
Fleet And Family Support Center
554 Childs St., Bldg. 876
P.O. Box 136
Jacksonville, FL 32212-0136
0900-1500 (Mon-Fri)
☎ (904) 542-5790

➤ Retired Activities Office
Fleet And Family Support Center
Naval Air Station Whiting Field
7511 USS Enterprise St., Bldg. 3025
Milton, FL 32570-5000
8:30 - 11:30 a.m. (Mon. & Fri.)
☎ (850) 623-7215/7177

➤ Retired Activities Office
Fleet And Family Support Center
Naval Air Station
151 Ellyson Ave.
Pensacola, FL 32508-5217
9 a.m. - 1 p.m. (Mon.-Fri.)
☎ (850) 452-5622

Hawaii

➤ Retired Activities Office
Fleet And Family Support Center
4827 Bougainville Drive
Honolulu, HI 96818-3174
8 a.m. - 3 p.m. (Mon.-Fri.)
☎ (808) 474-0032

➤ 850 Ticonderoga St Ste 100 (RAO)
Pearl Harbor, HI 96860-5101

Maryland

➤ Retired Activities Office
Fleet And Family Support Center
NSA Annapolis
168 Bennon Rd.
Annapolis, MD. 21402
9 - 11 a.m. (Wed.)
☎ (410) 293-2641

Massachusetts

➤ Retired Activities Office
Navy Operational Support Center
85 Sea St.
Quincy, MA 02169
11 a.m. - 3 p.m. (Fri.)
☎ (617) 753-4636/26

Michigan (Joint)

➤ Retired Activities Office
P.O. Box 450045 Bldg. 168
Selfridge Air National Guard Base
(SANGB)
MI 48045

9 a.m. - 3 p.m.(Tue-Fri)
☎ (800) 645-9416, x 239-5580

Minnesota

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

Missouri ★

➤ Retired Activities Office, St Louis
Navy Operational Support Center
Air National Guard Base
10810 Lambert International Blvd.

Bridgeton, MO 63044-2314
9 a.m. - 1 p.m. (Tue.);
11:30 a.m. - 1 p.m. (Fri)
☎ (314) 524-9553

New Hampshire

➤ Retired Activities Office
Portsmouth Naval Shipyard
Code 866 Bldg. 22
Portsmouth, NH 03804-5000
10 a.m. - 2 p.m. (Tue.-Thu.)
☎ (207) 438-1868

Rhode Island ★

(Temporarily Closed)
Service provided by RAO Groton, CT

South Carolina (Joint) ★

➤ Retired Activities Office
103 Hill Blvd, Bldg. 503, Rm. 122
Joint Base Charlseton, S.C. 29404
9 a.m. - noon (Mon.-Fri.)
☎ (843) 963-2228

Tennessee ★

➤ Retired Activities Office
Fleet And Family Support Center
Bldg. 456, 1st Floor
NSA Memphis, Code N 763
Millington, TN 38054-5000
1000-1400 (Tue & Thu)
☎ (901) 874-5195

Virginia ★

➤ Retired Activities Regional Office
Fleet And Family Support Center
7928 14th St., Ste. 149
Norfolk, VA 23505-1219
10 a.m. - 2 p.m. (Mon.-Fri.)
☎ (757) 445-4380

➤ Retired Activities Office
Joint Expeditionary Base
Little Creek/Fort Story
1450 D Street
Virginia Beach, VA 23459
10 a.m. - 2 p.m. (Mon.-Fri.)
☎ (757) 462-8663/7563

Washington

➤ Retired Activities Office
Fleet And Family Support Center
Naval Station Everett
13910 45th Ave. NE, Rm. 818
Marysville, WA 98271
10 a.m. - 1 p.m. (Mon.-Fri.)
☎ (425) 304-3775/3721

➤ Retired Activities Office
Fleet And Family Support Center
Naval Air Station, Whidbey Island
Nor' Wester Bldg. 2556
Oak Harbor, WA 98278
9 a.m. - noon (Mon.)
☎ (360) 257-6432

➤ Retired Activities Office
Fleet And Family Support Center
Bangor
(supports Bangor, Kitsap, Keyport
and surrounding areas)
1099 Tautog Circle
Silverdale, WA 98315
☎ (360) 396-1768/4115
(Call for appointment)

Wisconsin

➤ Retired Activities Office
Navy Operational Support Center
2401 South Lincoln Memorial
Dr
Milwaukee, Wi 53207-1999
9 a.m. - 3 p.m. (Mon.-Fri.)
☎ (414) 744-9766

Navy RAO Overseas

Rota, Spain

➤ Retired Activities Office
NS Rota Community Support
Bldg 3293
PSC 819, Box 57
FPO AE 09645-5500
1 - 4 p.m. (Mon. Wed. Fri.)
011-34-956-82-3232 (From Conus)

Independent Retired Coordination Offices (IRCOS)

IRCOS are independent retired activities efforts of interested retirees in areas which are geographically isolated from Navy and Marine Corps commands or installations, but which have a sizeable retired population and share the similar Navy sponsored RAO mission and operate in a similar manner.

Florida

➤ Retired Activities Office
VA Building
VA Lakemont Campus, Rm.125
1300 Verterans Way
Orlando, FL 32827
9 a.m. - noon (Mon.-Fri.)
☎ (407) 646-4110/4111/4114

Maine

(also serves the Vermont area)
➤ Retired Activities Office
62 Pegasus Street, Ste. 101
Unit B, Box 5
Brunswick, ME 04011
9 a.m. - 1 p.m. (Mon.-Fri.)
☎ (207) 406-4103

New York

➤ Retired Activities Office
25 Baiting Place
Farmingdale, N.Y. 11735
11 a.m. - noon (Tue. & Fri.)
☎ (631)-768-3248

IDCO Overseas

Italy

➤ Retired Activities Office
Via De Amicis No. 16
07024 La Maddalena
O. T. Italy
100 percent email contact
✉ Panzanic@Hotmail.com

Subic Bay (Philippine Region)

➤ Retired Activities Office
Subic Bay-Olongapo
No. 34 National Highway
Barrio Barretto 2200
Olongapo City
PSC 517, Box R-S
FPO/AP 96517-1000
9 a.m. - 3 p.m. (Mon. - Fri.)
✉ Dir@Raosubic.Com
☎ (Office) 011-63-47-222-2314
(24/7 Cell) 639065705335

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
AAFES: (214) 312-2011; www.aafes.com
Army Retired Services: (703) 571-7232;
<https://soldierforlife.army.mil/retirement>
Burial at Sea: (866) 787-0081; <http://www.public.navy.mil/bupers-npc/support/casualty/mortuary/Pages/BurialAtSea.aspx>
Combat Related Special Compensation:
<http://www.secnav.navy.mil/mra/CORB/Pages/CRSCB/default.aspx>
DEERS: (800)-538-9552, Fax: (831) 655-8317;
www.tricare.osd.mil/deers
Defense Commissary Agency: www.commissaries.com
DFAS Casualty Assistance Branch: (800) 321-1080 or (216) 522-5955; (For Reporting a Retiree's death, option #1)
Fleet Reserve Association: (703) 683-1400; www.fra.org
Gulf War homepage: www.gulfink.osd.mil
I.D. Cards Benefits and Eligibility: (866) 827-5672;
www.npc.navy.mil/support/paypers/ID_Cards/Pages/default2.aspx
Internal Revenue Service: (800) 829-1040; www.irs.gov
Marine Corps Retired Affairs: <https://www.manpower.usmc.mil/webcenter/portal/MRAHome> (Hover over "Veteran Marines" then click on "Retired Services")
Medicare: (800) 633-4227. TTY: (877) 486-2048; www.medicare.gov
Military Officers Assoc. of America: (800) 234-6622; www.moaa.org
National Burial Services: (800) 697-6940
NPC Navy Reserve Personnel Management (PERS 9): (866) 827-5672;
www.npc.navy.mil/career/reservepersonnelmgmt/Pages/default.aspx
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/support/retired_activities/Pages/default.aspx
Navy Uniform Shop: (800) 368-4088; www.mynavyexchange.com/nex/uniforms
Navy Worldwide Locator: <http://www.public.navy.mil/bupers-npc/organization/npc/csc/Pages/Services.aspx>
Reserve Component SBP: (866) 827-5672 ask for PERS-912
Retiree Dental — Delta Dental: (888) 838-8737; www.trdp.org
Servicemembers Group Insurance (SGLI): (800) 419-1473;
www.insurance.va.gov
Naval Historical Center: (202) 433-2210; www.history.navy.mil
Social Security Administration: (800) 772-1213; www.ssa.gov

TRICARE: www.tricare.mil

TRICARE North: (877) TRICARE (874-2273); www.hnfs.net/
CT, DC, DE, IL, IN, KY, MA, MD, ME, MI, NC, NH, NJ, NY, OH, PA, RI, VT, VA, WI, WV, some zips in IA, MO, TN
TRICARE South: (800) 444-5445; www.humana-military.com:
AL, AR, FL, GA, LA, MS, OK, SC, TN (except 35 TN zips near Fort Campbell), and TX (except the extreme SW El Paso area)
TRICARE West: (877) 988-9378; www.uhcmilitarywest.com:
AK, AZ, CA, CO, HI, ID, IA (except 82 zips near Rock Island), KS, MO (except St. Louis area), MN, MT, ND, NE, NM, NV, OR, DE, SW TX, UT, WA, WY
TRICARE Overseas: (888) 777-8343; www.tricare.mil
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

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.gbill.va.gov

Records:

For replacement DD 214s, 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: (866) 827-5672

Navy recreation: www.navymwr.org/

Navy Gateway Inns & Suites: <http://dodlodging.net>
ITT: http://www.navymwr.org/leisure_travel/

Sister service retiree publications:

Air Force Afterburner: www.retirees.af.mil/library/afterburner
Army Echoes: <https://soldierforlife.army.mil/retirement/echoes>
Coast Guard Evening Colors:
<http://www.uscg.mil/hq/cg1/psc/ras>
Marine Corps Semper Fidelis: <https://www.manpower.usmc.mil/webcenter/portal/MRAHome> (listed under Veteran Marine tab)

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/RSFPP annuitant:

Defense Finance and Accounting Service
U.S. military Annuitant Pay
P.O. Box 7131
London KY 40742-7131
(800) 321-1080, (216) 522-5955

Chillin' down Chesapeake way

*Snow covers the aircraft carrier
USS George Washington (CVN 73).
The ship is homeported in Norfolk
preparing to move to Newport
News, Va., for the ship's
refueling, complex overhaul
(RCOH) maintenance.*

(U.S. Navy photo by Chief Mass Communication
Specialist Mary Popejoy)

