

## 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 rec-

ommended 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

————— See **COUNCIL** Page 12

## 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

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**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 (ADFM) 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](http://www.tricare.mil/Plans/Enroll/TPO.aspx).



Photo by Mass Communication Specialist Seaman Patrick Dionne  
**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."

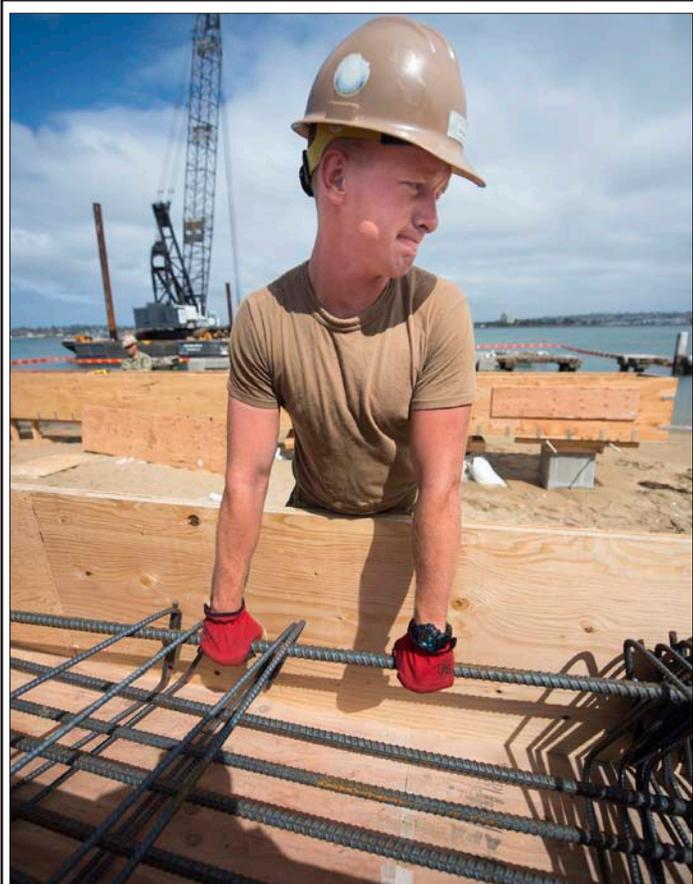


photo by Mass Communication Specialist 2nd Class Carlos M. Vazquez

11

**A Seabee assigned to Naval Mobile Construction Battalion (NMCB) 3 places rebar beams as the team of Seabees reconstruct a historic seaplane ramp at Naval Air Station North Island, Calif. The Seabees are in the process of dismantling and rebuilding the 70-year-old ramp that was heavily used during World War II.**

## 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.

# Veterans Wheelchair Games Applications Accepted

**Courtesy VA**

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.



Courtesy photo

**Navy veteran David Nelson participated in the 33rd Annual National Veterans Wheelchair Games in 2014. "It's awesome, fun and it gives us purpose," he said. "We are competitive, but at the same time we take care of each other during the event."**

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](http://www.wheelchairgames.org) and follow VA Adaptive Sports on Twitter at @VAAdaptiveSport.

# VA Encourages Veterans to Apply for 2015 Sports Clinic

**Courtesy VA**

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

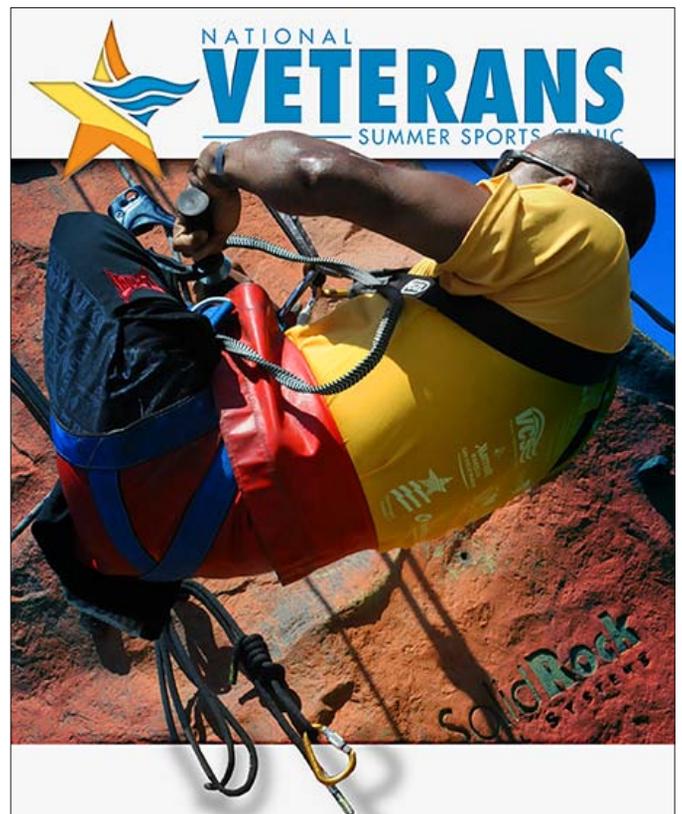
The 2015 National Veterans Summer Sports Clinic will be held Sept. 13-18 at the VA San Diego Healthcare System. The annual event is expected to attract veterans from all over the country who have sustained a variety of injuries ranging from traumatic brain injury and polytrauma, to spinal cord injury 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.summer-sportsclinic.va.gov](http://www.summer-sportsclinic.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.

For more details about the department's progress and related information, see [www.va.gov/opa/choiceact/factsheets\\_and\\_details.asp](http://www.va.gov/opa/choiceact/factsheets_and_details.asp) and [www.va.gov/opa/choiceact/documents/FactSheets/Progress-Report-March-2015-Fact-Sheet.pdf](http://www.va.gov/opa/choiceact/documents/FactSheets/Progress-Report-March-2015-Fact-Sheet.pdf).

A fact sheet on the 40-mile-rule change can be found at [www.va.gov/opa/choiceact/documents/FactSheets/March-2015-40-mile-rule-change-factsheet.pdf](http://www.va.gov/opa/choiceact/documents/FactSheets/March-2015-40-mile-rule-change-factsheet.pdf).

# 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/](http://www.1010ez.med.va.gov/), or by visiting their nearby VA health care facility. For more information, visit [www.va.gov/healthbenefits](http://www.va.gov/healthbenefits) or call VA toll-free at 1-877-222-VETS (8387).

# Gunner's Mate Receives 'Old Tar' Award

## **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

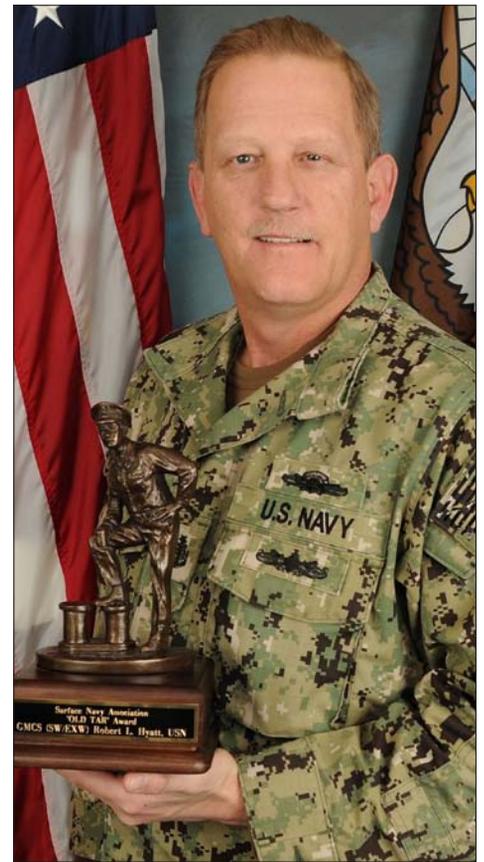


Photo by MC3 Class Lauren Booher  
**Senior Chief Gunner's Mate (SW/EXW) Robert Hyatt of Navy Expeditionary Combat Command poses with his "Old Tar" award given by the Surface Navy Association in a ceremony Jan. 15 in Washington. The "Old Tar" designation is given to the active duty Enlisted Surface Warfare Specialist with the earliest date of qualification as received by the SNA before the announced closing date for nominations.**

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 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.



Photo by Mass Communication Specialist 1st Class Martin L. Carey

***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.***

"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.

# 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.

You can have an unlimited number of these non-discretionary allotments.

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.

<b>Reunion 2015</b>	<b>Date</b>	<b>Phone</b>	<b>Email/Web</b>
ANTARCTICDEVRON 6, VX/VXE 6	Nov. 4-8	(850) 516-3301	tinaa11@cox.net
ASR/ARS Association	Oct. 5-9	(502) 477-0876	mbneal@twc.com
Destroyer Leaders Association (USS NORFOLK (DL 1), USS MITSCHER (DL 2/DDG 35), USS JOHN S MCCAIN (DL 3/DDG 36), USS WILLIS A LEE (DL 4), USS WILKINSON (DL 5))	Aug. 30 - Sept. 4	(401) 635-8860	mjbugara@hotmail.com
Mine Division 113 Vietnam	Sept. 17-20	(501) 620-0593	don9329@hotmail.com
NAS Sanford, all units and squadrons	June 25-28	(407) 302-2252	dlfrsf@aol.com
Naval Communication Station Londonberry Northern Ireland	July 26-30	(919) 467-2342	sully1944@gmail.com www.navcommsta-londonberry.freeservers.com
Navy Nuclear Power Unit	May 4-9	(845) 782-5539	fixitbob2@optonline.net
NR Cargo Handling Battalion 6	Sept. 11-13	(570) 839-7111	chb.sixreunion@gmail.com
NSA/NSF DaNang	April 20-25	(502) 477-0876	mbneal@twc.com
Squadrons and Shipmates of the USS MIDWAY and USS FRANKLIN D. ROOSEVELT	Sept. 15-20	(859) 689-7001	squadronmates@aol.com http://squadron-shipmates-of-the-fdr-midway.com
USS ABNAKI (ATF 96)	Sept. 16-20	(937) 243-5368	tsetser@columbus.rr.com
USS AGERHOLM (DD 826)	Oct. 8-11	(618) 599-5972	dab315@frontier.com
USS BAUSELL (DD 845)	June 21-25	(928) 854-2205	www.ussbausell.com genied@frontiernet.net
USS BEALE (DD/DDE 471)	Sept. 27-30	(908) 358-6153	kquigley6@comcast.net
USS BORDELON (DD/DDR 881)	Aug. 26-30	(919) 467-2342	sully1944@gmail.com www.1dynamicplace.com/Bordelon
USS BREMERTON (CA 130 / SSN 698)	Sept. 13-18	(859) 771-5651	jeradams106@gmail.com
USS BRUNSWICK (ATS 3)	Aug. 20-24	(775) 277-9306	richmurrayrpm@gmail.com
USS CAMP (DER 251)	Sept. 13-16	(865) 482-7981	gsweeden@att.net
USS CANBERRA (CA 70, CAG 2) all hands 1943-1970	Oct. 14-18	(740) 423-8976	usscanberra@gmail.com
USS CARPENTER (DD 825)	May 14-17	(303) 690-5118	coyritchie@aol.com
USS CONSERVER (ARS 39)	April 23-26	(610) 780-5484 (843) 810-0781	www.ussconserver.org kcwrde@yahoo.com samuelsonlee@yahoo.com
USS DAMATO (DD 871)	Sept. 9-14	(253) 222-1952	toolmantwo@comcast.net
USS FAIRVIEW (E-PCE(R) 850)	Sept. 23-27	(207) 846-0874	fjones@maine.rr.com
USS FIREDRAKE (AE 14)	Oct. 18-22	(610) 207-2016	ussfiredrake@gmail.com ussfiredrake.com
USS FORRESTAL (CVA/CV/AVT 59)	Sept. 22-26	(904) 505-9616	www.uss-forrestal.com www.facebook.com/groups/USSFforrestal
USS FOX (DLG/CG 33)	Sept. 16-20	(843) 569-0981 (943) 832-0493	habibphil@comcast.net www.ussfox.org
USS GALVESTON (CLG 3)	Sept. 8-13	(609) 784-6722	glaveston@comcast.net
USS GRAYBACK (SSG/LPSS/SS 574)	Oct. 6-8	(702) 810-8056	madimmick@cox.net http://ussgrayback574.com
USS HAWKBILL (SSN 666)	May 30 - June 2	(406) 788-2423	maalcorn@bresnan.net
USS HENRY B. WILSON (DDG 7)	Sept. 30 - Oct. 4	(520) 841-3272	pemarks@ddg7.com www.usshenrybwilsonddg7.com

USS HOLDER (DD/DDE 819 / DE 401)	Sept. 30 - Oct. 4	(831) 458-9062	ussholder_dde819@hotmail.com www.ussholder.com
USS HOLLISTER (DD 788)	Sept. 22-27	(319) 431-1581	cworr78@gmail.com usshollister.org
USS HORNET (CV 8, CV/CVA/CVS 12)	Sept. 9-13	(814) 224-5063	www.usshornetassn.com horneteva@aol.com
USS INGERSOLL (DD 652, DD 990)	Oct. 8-11	(575) 574-7921	sw.nm.horseman@gmail.com www.uss-ingersoll-vets.com
USS IWO JIMA (LPH 2, LHD 7)	Sept. 13-16	(757) 723-0317	yujack46709@gmail.com http://ussiwojimashipmates.cfns.net
USS JOHN KING (DDG 3)	Sept. 21-25		mrgilholey@msn.com
USS JOHN PAUL JONES (DD 230, DD 932, DDG 32, DDG 53)	Oct. 29 - Nov. 1	(781) 871-0363	andylongo1@verizon.net
USS JOHN R CRAIG (DD 885)	Sept. 16-20	(734) 525-1469	www.ussjohnrcraig.com jemail@ameritech.net
USS KNUDSON (APD 101)	June 14-17	(386) 789-8612	wrj502@cfl.rr.com
USS L Y SPEAR (AS 36)	Sept. 9-13	(913) 677-1837	pattykelso@usslyspear.org http://usslyspear.org/reunions.htm
USS LAFFEY (DD 724)	Sept. 27 - Oct. 1	(856) 423-4263	jill.michel@comcast.net www.laffey.org
USS LAWRENCE (DDG 4 / DD 250)	April 29 - May 3	(814) 322-4150	www.ussslawrence.com dguts@ussslawrence.com
USS LYMAN K SWENSON (DD 729)	Sept. 10-13	(931) 296-0881	handlebars@hughes.net
USS MAURY (AGS 16) & USS SERRANO (AGS 24)	Sept. 21-25	(480) 244-8067	jmww03@cox.net
USS MIDWAY Veterans Association	April 23-25		ussmidway.net facebook.com/ussmidwayveteransas- society ronaldpope79@yahoo.com
USS NIMITZ (CVN 68)	Oct. 14-18	(805) 453-0173	bigwallance@comcast.net
USS NOA (DD 343/DD 841)	April 29 - May 3	(727) 289-6534	kmleone@snet.net
USS OKLAHOMA CITY (CL 91, CLG/CG 5, SSN 723)	Sept. 29 - Oct. 4	(620) 399-3999 (813) 468-8379	www.ussokcity.com
USS RANDOLPH (CV/CVA/CVS 15) & USS TER- ROR (CM 5)	Sept. 20-27	(321) 454-2344	
USS RICH (DD/DDE 820)	April 27 - May 1	(757) 361-5826	reunion2015@ussrich.org www.ussrich.org
USS SAN DIEGO (CL 53, AFS 6/T-AFS 6, LPD 22) and all air detachments	June 18-20	(330) 262-7667	wvcox@aol.com www.afs-6.org
USS SAN MARCOS (LSD 25)	Sept. 17-20	(215) 287-4311	jacklieberman8104@comcast.net
USS SKAGIT (AKA 105)	Sept. 28 - Oct. 3	(502) 477-0876	mbneal@twc.com
USS STODDARD (DD 566)	Sept. 2-5	(575) 361-0333	jonav@bajabb.com
USS TAKELMA (ATF 113)	Oct. 15-18	(651) 455-1876	richard_rosemary@msn.com
USS TALLADEGA (APA 208)	Oct. 26-30	(760) 747-0796	s.ljosdal@gmail.com
USS TARAWA (CV 40, LHA 1)	April 16-19	(781) 961-2583 (765) 362-6937	walsue@accelplus.net
USS THE SULLIVANS (DD 537/DDG 68)	May 27-30	(352) 343-8363	k8bbt5732@yahoo.com
USS TRUMPETFISH (SS 425)	Nov. 4-9	(843) 873-9563	ss425tfish@gmail.com
USS TUSK (SS 426)	Sept. 24-27	(860) 739-2065	ata245@sbcglobal.net
USS VALCOUR (AVP 55, AGF 1)	Oct. 7-11	(843) 552-9992	dwcloudsr@gmail.com

USS WARRINGTON (DD 843)	Sept. 27 - Oct. 1	(916) 791-6700	stashuman843@msn.com
USS WILHOITE (DE/DER 397)	Oct. 5-8	(479) 968-1236 (479) 280-2776	canerday@centurytel.net www.usswilhoite.org
USS WILLIAM R RUSH (DD/DDR 714)	Sept. 20-24	(508) 548-5233	captainhock@comcast.net
USS WINDHAM BAY (CVE 92)	Sept. 30 - Oct. 3	(210) 495-4845	windhambay@aol.com
USS YANCEY (AKA 93)	Sept. 24-28	(708) 425-8531	clifs@ameritech.net www.ussyancey.com
USS YELLOWSTONE (AD 27)	June 7-10	(352) 208-5400	bowp@centurylink.net
VA-75	May 15-17	(757) 831-0753	dale1231@cox.net
VB/VPB 109	Sept. 17-19	(814) 866-6683	
VP-4	Sept. 9-13	(502) 688-9804	www.vp4association.com larry.hames@vp4association.com
VP-93	Nov. 5-8	(734) 658-7701	http://vp93.org g5av80r@aol.com
VR-24	May 7-10	(240) 577-9889	kuehnle@md.metrocast.net
VS-21 (1952-1972)	Sept. 27 - Oct. 1	(760) 612-4376	jsweisel@yahoo.com

### ***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

### **COUNCIL from Page 1**

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.

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 recom-

mend 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 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. In issue 16, they recommended that state and local benefits and resources be added back into the Transition Goals, Plans, and Success courses. In issue 17 they recommend that separating Sailors and Marines be required to record an email

address on their DD-214.

The council then listed two issues under the topic of medical. In issue 18, they recommend 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.

# Retiree Checklist: What Survivors Should Know

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

## 1. Create a military file.

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

## 2. Create a military retired pay file.

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

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

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

## 4. Create a personal document file.

- Marriage Records
- Divorce decree
- Adoptions and naturalization papers

## 5. Create an income tax file.

- Copies of state and federal income tax returns

## 6. Create a property tax file.

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

## 7. Create an insurance policy file.

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

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

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

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

- Organization names and phone numbers
- Membership fee information

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

- Include names, addresses and phone numbers

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

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

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

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

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

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

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

## Feedback

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

Department of the Navy  
OPNAV 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.  
Luke AFB, Glendale, AZ 85309  
(602) 353-3033  
9 a.m. – 1 p.m. (Mon-Fri)

### **California**

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

Retired Activities Office  
Fleet and Family Support Center  
966 Franklin 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  
Moffet Field, CA 94035-0162  
(650) 603-8047  
9:30 a.m. - 12:30 p.m. (Tue. Wed. Fri.)

Retired Activities Office  
Fleet And Family Support Center  
1000 23rd Ave, Bldg. 1169  
Port Hueneme, CA 93043  
(805) 982-1023  
Fax: (805) 982-1037  
8 a.m. – 4 p.m. (Mon-Fri)

Retired Activities Office  
Naval Amphibious Base  
3324 Guadalcanal Road, Bldg. 16  
Coronado, CA 92155  
(619) 437-2780  
9 a.m. – 4 p.m. (Mon-Fri)

Retired Activities Office  
Navy Base San Diego  
3005 Corbina Alley, Bldg. 259  
San Diego, CA 92136-5190  
(619) 556-8987  
8 a.m. – 4 p.m. (Mon-Fri)

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

### **Connecticut**

Retired Activities Office  
Naval Sub Base, New London  
Bldg. 83, Room 172  
PO Box 93  
Groton, CT 06349-5000

(860) 694-3284  
9 a.m. – Noon. (Mon-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 USS 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  
Bridgeton, 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)

### **Tennessee**

Retired Activities Office  
Fleet and Family Support Center  
Bldg. 456, First Floor  
NSA Memphis, Code N 763  
Millington, TN 38054-5000  
(901) 874-5195  
10 a.m. – 2 p.m. (Tue & Thu)

### **Virginia**

Retired Activities Regional Office  
Fleet and Family Support Center  
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

Bldg. #13  
Naval Air Station  
Whidbey Island  
Oak Harbor, WA 98278  
(360) 257-8054/55  
9 a.m. – 3 p.m. (Mon-Fri)

Retired Activities Office  
Fleet and Family Support Center  
Bangor  
1099 Tautog Circle  
Silverdale, WA 98315  
1-866-854-0638  
Call for an appointment  
(Note: Supports Bangor, Kitsap,  
Keyport And Surrounding Areas)

### **Wisconsin**

Retired Activities Office  
Navy and Marine Corps Reserve  
Center  
2401 South Lincoln Memorial Dr.  
Milwaukee, WI 53207-1999  
(414) 744-9766  
9 a.m. – 3 p.m. (Mon-Fri)

## Navy-Sponsored RAO Overseas

### **Rota, Spain**

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

## Independent Retired Activities Coordination Offices (IRCOs)\*\*

### **Maine (also serves Vermont)**

Retired Activities Office  
62 Pegasus Street, Suite 101  
Unit B, Box 5  
Brunswick, ME 04011  
(207) 406-4103  
9 a.m. – 1 p.m. (Mon-Fri)

### **New York**

Retired Activities Office  
25 Baiting Place  
Farmingdale, NY 11735  
(631)-768-3248  
11 a.m. – Noon (Tue, Fri)

## IRCO Overseas:

### **Italy**

Retired Activities Office Contact  
Via De Amicis #16  
07024 La Maddalena  
O. T. Italy  
[Panzanic@Hotmail.Com](mailto:Panzanic@Hotmail.Com)

\* Limited services

\*\* IRCOs are independent retired activities in areas which are geographically isolated from Navy commands or installations.

# Ready Reference Contact Information

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**TRICARE West:** (877) 988-WEST (9378); [www.uhcmilitarywest.com](http://www.uhcmilitarywest.com):  
AK, AZ, CA, CO, HI, ID, IA (except 82 zips near Rock  
Island), KS, MO (except St. Louis area), MN, MT, ND, NE, NM,  
NV, OR, DE, SW TX, UT, WA, WY

**TRICARE Overseas:** (888) 777-8343; [www.tricare.mil](http://www.tricare.mil)

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

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

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

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

### Insurance:

VA Regional Office and Insurance Center

PO Box 7208 (claims inquiries) -ORPO

Box 7327 (loans) -ORPO

Box 7787 (payments)

Philadelphia PA 19101

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

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

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

## Records:

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

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

**Retired after 1995:**

Navy Personnel Command

PERS-312E

5720 Integrity Drive

Millington, TN 38055-3120

Fax requests to: (901) 874-2664

**Gray-area reservists:** (866) 827-5672

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

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

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

## Sister service retiree publications:

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

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

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

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

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

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

### Retiree:

Defense Finance and Accounting Service

U.S. Military Retirement Pay

P.O. Box 7130

London KY 40742-7130

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

### SBP/RSFPP annuitant:

Defense Finance and Accounting Service

U.S. military Annuitant Pay

P.O. Box 7131

London KY 40742-7131

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

*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)*

