



California Council of Chapters of MOAA (CALMOAA)

February 2021 issue

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Notes from the President's Desk

February is Black History Month. We have seen a lot change in our lifetime from Montford Point (USMC) to Jim Crow Laws to today. We have seen and experience all of the services become truly integration in the '70's in all aspect. Black History Month began in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States. Black History Month is celebrated annually, identifying the achievements of African Americans and recognition of their central role in U.S. History. Since 1976, every President has officially designated the month of February as Black History Month. Other countries around the world, including Canada, also devote a month to celebrate Black History and the United Kingdom. Each year we spend time acknowledging the sacrifices, struggles, and successes of Afro-Americans. We have seen changes in the work force and life in American change before our very eyes almost every day. Some for good and some is still in work. I have an article titled “How General Dynamics Integrated the Cape by Tom Leech. This article talks about the impact to the Space Program that Everett Kaukonen, a guidance engineer from General Dynamics made in 1961. Please reach to me if you would like a copy of the article.

Moving on were you aware that on February 13, 1943, then Commandant of the Marine Corps, Gen. Thomas Holcomb, announced the formation of the United States Marine Corps Women's Reserve. Commissioned status was opened to enlisted women to take advantage of their experience, and at the same time, build morale and spirit de corps.

Those brave women were first trained at Hunter College in New York before moving to Camp Lejeune, NC.

To be eligible, a Marine had to complete six months service, be recommended by her commanding officer, and

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be selected by a board of male and female officers convened at Headquarters, Marine Corps. Ruth Cheney Streeter was appointed the first director of the Reserve and was the first woman to attain the rank of Major.

On a personal note I would like to thank everyone who was able to dial into Miramar MOAA presentation held on 4 Feb 2021. Capt Joel Stewart (from Miramar MOAA Chapter, who is currently stationed in Deigo Garcia) gave an presentation of Maritime Prepositioning Ships Squadron Two. Please go to this <https://youtu.be/44TnraJZ3fg> link of his presentation. Note the link is UNLISTED. Please share this with your membership. In addition to this video I have a copy of his slide presentation please advise if you would like a copy of it.

I have included the Retired Activities Office Locator and Ready Reference Contact Information for your files. Because of COVID the state of California is operating under a different schedule. We wanted to get our elected representatives on board this year to address some bills that were proposed last year. Unless something changes we will use this year to socialize to work on getting our elected officials address retirement pay. In the meantime we will need you to reach out to your elected official and start educating them. At this time we are looking at where we may have to draft the outline of what we want and to identify the State Senators and State Assemblymen and State Assemblywomen to spouse the bill(s).

I don't remember if I mentioned that the last day in the state of California to introduce bills is Feb 19, 2021. If memory serves me right I believe this was mentioned at the last CALMOAA Legislative meeting and/or email to the membership.

Please note the following MOAA deadlines:

1. Community Outreach Chapter Grant Application Deadline 28 Feb 2021
2. Scholarship Application Deadline 1 Mar 2021
3. Advocacy in Action May 2021
4. Levels of Excellence Award (LOE) Submission Deadline 1 May 2021
5. Mercer Advertising Campaign Ends 31 May 2021
 - a. If you haven't reached out to Michele Armesto email michele.armesto@mercer.com please do before the deadline and submit your IRS W9 form. You can download the IRS W9 form by going to this link <https://www.irs.gov/pub/irs-pdf/fw9.pdf>
6. Strobridge Legislative Chair / Liaison Nomination Deadline 1 June 2021
7. Surviving Spouse Liaison Nomination Deadline 1 June 2021
8. October Military Officer Magazine Chapter Input Due 1 Jul 2021
9. Annual Meeting / LOE Award Ceremony October 2021
10. Southwest Leaders' Regional Workshop (Southern California) 19 – 20 Nov 2021

Please see Facebook links to MOAA Surviving Spouses And Friends (Private Group) and Military Officers Association of America (MOAA) below:

MOAA Surviving Spouses And Friends (Private Group) - Facebook link

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https://www.facebook.com/groups/581427115240904/?multi_permaLinks=3829526447097605%2C3825063920877191%2C3824863560897227%2C3821842571199326%2C3815695241814059¬if_id=1609513928974893¬if_t=group_activity&ref=notif

Military Officers Association of America (MOAA) - Facebook link

<https://www.facebook.com/28446275521/posts/10159082027055522/?d=n>

Remember CALMOAA is here to help to the best of its ability. Please reach out whenever.

Please visit CALMOAA website www.Californiamoaa.com it has a wealth of info about VA and TRICARE benefits, job opportunities and much more. Please visit it often!

In closing I am always reminded of the poem "For The Fallen" by Laurence Binyon. The Commanding Officer of Miramar read the 4th Stanza at a Veterans Memorial service as I was visiting my departed brother Harry (who was a Navy Corpsman). It said, **"They shall not grow old, as we are left grow old: Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning We will remember them."**

Stay Safe and be careful out there.

Respectfully,

E Fred Green, Jr.

CALMOAA President

CALMOAA Invoices

CALMOAA Treasure Allen Maxwell emailed the CALMOAA Invoices on 6 February 2021 to the Area VP and he copied the Chapter Presidents and Chapter Treasure. Dues are due payable by 1 April 2021. Please feel free to reach out to Allen if you have any questions.

"Online Chapter Dues Program"

Did you know the "Online Chapter Dues Program" allows members to join, pay for chapter membership and donations using a user-friendly platform. To find out more, select this

link: <https://www.moaa.org/content/chapters-and-councils/chapter-recruitingx/recruiting-materials/online-chapter-membership-dues-join-and-renewal/>

CALMOAA 2021-22 Legislation update

The 2021-22 legislative session convened on December 7 and the new 2021-22 Legislature was sworn in. On January 11, 2021, the Legislature reconvened, and legislation is moving again. Since this is the beginning of a new 2-year legislative session, policy committees are reconstituted to accommodate newly elected legislators. For the first time the Senate Military and Veterans Affairs Committee is comprised of all-veterans. The Assembly Military and Veterans Affairs Committee has 2 members that were not on the committee last year.

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These Assemblymembers are Thurston “Smitty” Smith, elected 2020, and James Ramos, elected 2018. This brings the total number of veterans on these committees to 7 in the Senate and 2 in the Assembly. (See the end of this report for members of the committees).

A new legislative session also means that everything starts over. There is no holdover legislation from previous years. The bill introduction deadline is February 19. We will begin analyzing newly introduced bills and are working with the legislative staff to obtain background sheets so that we can forward to the MOAA Legislative team with a recommendation to, oppose, or watch the bills. Bills must be in print for 30 days before any action can be taken.

At this time, we are unsure how or if there will be limitations on legislation, like last year due to COVID-19. We should all be prepared to improvise adapt and overcome this year.

The Governor released his 2021-22 budget proposal. The legislature will begin to evaluate what is proposed and we will need to keep a close eye on money for the veteran programs. After a review of the proposed budget veterans do not look to be impacted negatively. This is just the start of the budget process; we will keep you informed of any updates.

Below is a list of some key dates for January and February.

Jan. 11 —Legislature reconvenes. (Delay to Jan. 11 due to COVID-19)

Jan. 10 —Budget must be submitted by Governor.

Jan. 22 —Last day to submit bill requests to the Office of Legislative Counsel.

Feb. 19 —Last day for bills to be introduced.

Bill Tracking for MOAA.

AB 17 (Cooper D) Peace officers: disqualification from employment.

Location: 1/11/2021-A. PUB. S.

Summary: Would disqualify a person from being a peace officer if the person has been discharged from the military for committing an offense that would have been a felony if committed in California or if the person has been certified as a peace officer and has had that certification revoked by the Commission on Peace Officer Standards and Training.

AB 107 (Salas D) Department of Consumer Affairs: boards: temporary licenses: military spouses.

Location: 12/16/2020-A. PRINT

Summary: Would express the intent of the Legislature to enact future legislation relating to temporary licenses within the Department of Consumer Affairs for military spouses.

AB 121 (Holden D) Public animal shelters: adoptions: military service members.

Location: 1/11/2021-A. B.&P.

Summary: Would further prohibit a public animal shelter from charging an adoption fee for a dog or cat if the person adopting the dog or cat is either an active duty military service member who

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presents to the public animal shelter a current military identification card or a former military service member who presents to the public animal shelter a DD Form 214 verifying military service.

AB 225 (Gray D) Department of Consumer Affairs: boards: veterans: military spouses: licenses.

Location: 1/28/2021-A. B.&P.

Summary: Current law requires specified boards within the Department of Consumer Affairs to issue, after appropriate investigation, certain types of temporary licenses to an applicant if the applicant meets specified requirements, including that the applicant supplies evidence satisfactory to the board that the applicant is married to, or in a domestic partnership or other legal union with, an active duty member of the Armed Forces of the United States who is assigned to a duty station in this state under official active duty military orders and the applicant holds a current, active, and unrestricted license that confers upon the applicant the authority to practice, in another state, district, or territory of the United States, the profession or vocation for which the applicant seeks a temporary license from the board. Current law requires these temporary licenses to expire 12 months after issuance. Under existing law, some of the funds within the jurisdiction of a board consist of revenue from fees that are continuously appropriated. This bill would require the temporary licenses described above to expire 30 months after issuance. The

AB 291 (Seyarto R) Income taxation: exclusion: military survivor benefits.

Location: 1/28/2021-A. REV. & TAX

Summary: Current law requires any bill authorizing a new tax expenditure to contain, among other things, specific goals, purposes, and objectives that the tax expenditure will achieve, detailed performance indicators, and data collection requirements. This bill, for taxable years beginning on or after January 1, 2021, and before January 1, 2026, would provide an exclusion from gross income for all survivor benefits or payments received on or after January 1, 2021, and before January 1, 2026, under the federal Survivor Benefit Plan. The bill would require the Franchise Tax Board to submit a report to the Legislature on the income brackets of taxpayers who claimed this exclusion, and would provide findings and declarations relating to the goals, purposes, and objectives of this exclusion.

AB 305 (Maienschein D) Veteran services: notice.

Location: 1/25/2021-A. PRINT

Summary: Current law requires every state agency that requests on any written form or written publication, or through its internet website, whether a person is a veteran, to request that information in a specified manner. This bill would delete that requirement, and would instead require specified governmental agencies to include, at their next scheduled update, questions on their intake and application forms to determine whether a person is affiliated with the Armed Forces of the United States. The bill would require those agencies, through the intake or application form, to request permission from that person to transmit their contact information to the Department of Veterans Affairs so that the person may be notified of potential eligibility to receive state and federal veterans benefits.

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- ACR 2 (Quirk-Silva D) Korean American Day.**
Location: 1/19/2021-S. RLS.
Summary: This measure would proclaim January 13, 2021, as Korean American Day.
- ACR 5 (Mathis R) AMVETS 75th Anniversary.**
Location: 12/14/2020-A. PRINT
Summary: This measure would commend AMVETS Department of California on its 75th year of providing benefits and services to Veterans.
- ACR 6 (Salas D) Blue Star Mothers of America Month.**
Location: 1/28/2021-A. RLS.
Summary: This measure would recognize May 2021 as Blue Star Mothers of America Month in California, as specified.
- ACR 7 (Salas D) Gold Star Mothers' and Families' Day.**
Location: 1/28/2021-A. RLS.
Summary: This measure would proclaim September 26, 2021, as Gold Star Mothers' and Families' Day in California.
- ACR 13 (Seyarto R) Tomb of the Unknown Soldier.**
Location: 1/21/2021-A. PRINT
Summary: This measure would commemorate the 100th Anniversary of the Tomb of the Unknown Soldier at Arlington National Cemetery.
- SB 43 (Umberg D) Veterans cemetery: County of Orange.**
Location: 12/7/2020-S. RLS.
Summary: Current law authorizes the Department of Veterans Affairs to acquire, study, design, develop, construct, and equip a state-operated Southern California Veterans Cemetery in the County of Orange. Current law makes honorably discharged veterans, their spouses, and dependent children eligible for interment in the cemetery, as specified. This bill would state the intent of the Legislature to enact legislation to address the establishment of a veterans cemetery in the County of Orange.
- SB 240 (Eggman D) Income tax: credits: food banks.**
Location: 2/3/2021-S. GOV. & F.
Summary: The Personal Income Tax Law and the Corporation Tax Law allow various credits against the taxes imposed by those laws, including, for taxable years beginning on or after January 1, 2017, and before January 1, 2022, a credit for qualified taxpayers in an amount equal to 15% of the qualified value of fresh fruits or vegetables and specified raw agricultural products or processed foods donated to a food bank. In accordance with specified requirements imposed on bills

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containing new tax expenditures, current law requires the Franchise Tax Board to report to the Legislature on or before December 1, 2019, and each December 1 thereafter until January 1, 2021, regarding the utilization of those tax credits and requires specified data to be included in the report. This bill would extend the authorization for those tax credits to a taxable year beginning before January 1, 2027. The bill would extend the requirement of the reports until January 1, 2026, and would require the Franchise Tax Board to also include the types of donated raw agricultural products or processed foods in reports for taxable years beginning on or after January 1, 2022.

SB 253 (Grove R) Military: service: elected officers.

Location: 1/25/2021-S. RLS.

Summary: Current law establishes that an elected officer of the state who is called to serve with the Armed Forces of the United States has a right to return to and reenter office after active military service if the term of office they were elected to has not expired. This bill would make technical, nonsubstantive changes to that provision.

2021 Military and Veterans Committees:

The Veterans committees for both houses have changed the names of the committees to “Military and Veterans Affairs”. Previously, they had not mentioned military in the committee name, even though the military has always been part of the committees’ purview. Assemblymember Irwin and Senator Archuleta have remained Chairs in their respective committees. If you would like to find out more about these Assemblymembers, go to: <https://www.assembly.ca.gov/assemblymembers>

For the Senators, go to: <https://www.senate.ca.gov/senators>

Assembly Committee on Military and Veterans Affairs

Assemblymember Jacqui Irwin (D-Thousand Oaks), Chair
Assemblymember Randy Voepel (R-Santee), Vice Chair
Assemblymember Tasha Boerner Horvath (D-Encinitas)
Assemblymember Tom Daly (D-Anaheim)
Assemblymember Jim Frazier (D-Oakley)
Assemblymember Devon Mathis (R-Visalia)
Assemblymember Al Muratsuchi (D-Torrance)
Assemblymember Cottie Petrie-Norris (D-Laguna Beach)
Assemblymember James Ramos (D-Highland)
Assemblymember Rudy Salas (D-Bakersfield)
Assemblymember Thurston “Smitty” Smith (R-Hesperia)

Senate Committee on Military and Veterans Affairs

Senator Bob Archuleta (D-Pico Rivera), Chair.
Senator Shannon Grove (R-Bakersfield), Vice Chair.
Senator Susan Talamantes Eggman (D-Stockton)

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Senator Melissa Melendez (R-Lake Elsinore)

Senator Josh Newman (D-Fullerton)

Senator Richard D. Roth (D-Riverside)

Senator Thomas J. Umberg (D-Santa Ana)

From the Desk of Bud Lichtenstein (Service Officer)

Since 2014 retired military have been able to concurrently get a VA disability check as long as the rating is 50% or greater. Just for my bonifies, here is the info from DFAS....Bud

Concurrent Retirement and Disability Pay (CRDP)

Concurrent Retirement and Disability Pay (CRDP) allows military retirees to receive both military retired pay and Veterans Affairs (VA) compensation. This was prohibited until the CRDP program began on January 1, 2004.

CRDP is a "phase in" of benefits that gradually restores a retiree's VA disability offset. This means that an eligible retiree's retired pay will gradually increase each year until the phase in is complete effective January 2014.

You do not need to apply for CRDP. If qualified, you will be enrolled automatically.

Eligibility

You must be eligible for retired pay to qualify for CRDP. If you were placed on a disability retirement, but would be eligible for military retired pay in the absence of the disability, you may be entitled to receive CRDP. Under these rules, you may be entitled to CRDP if...

- **you are a regular retiree with a VA disability rating of 50 percent or greater.**
- you are a reserve retiree with 20 qualifying years of service, who has a VA disability rating of 50 percent or greater and who has reached retirement age. (In most cases the retirement age for reservists is 60, but certain reserve retirees may be eligible before they turn 60. If you are a member of the Ready Reserve, your retirement age can be reduced below age 60 by three months for each 90 days of active service you have performed during a fiscal year.)
- you are retired under Temporary Early Retirement Act (TERA) and have a VA disability rating of 50 percent or greater.
- **you are a disability retiree who earned entitlement to retired pay under any provision of law other than solely by disability, and you have a VA disability rating of 50 percent or greater.** You might become eligible for CRDP at the time you would have become eligible for retired pay.

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In addition to monthly CRDP payments, you may be eligible for a retroactive payment. DFAS will audit your account to determine whether or not you are due retroactive payment. An audit of your account requires researching pay information from both DFAS and VA's

From the desk of CALMOAA Membership and Recruiting VP

In my opinion, the number one Goal for CALMOAA Chapters in 2021 is recruiting and retention. Only 15 of our 30 plus chapters consistent recruit new members on a monthly basis. 1/3 of chapters are making significant gains, 1/3 treating water and 1/3 losing membership

BACKGROUND: In my opinion, some chapters should spend funds for Membership Recruiting and Retention. I have looked over TROA/CALMOAA records from 2001 to 2019. TROA in California had 55 strong California chapters in 2001 with \$17,000 in their Bank account. Since 2003, CALMOAA Chapters have shrunk to 30 Chapter/Satellites and \$6,500.00 in CALMOAA Chase Bank Account with many chapters trading water. The \$2.00 increase in CALMOAA Dues was necessary budget to \$15,000 to keep CALMOAA afloat and to have the Annual Conference and Change of Command in TBD in 2020.

All Chapters need to allocate more time, money and full chapter participation in order to meet our goals. Increased Chapter membership is everyone's responsibility. One person cannot handle Recruiting there must be teams.

GOAL FOR 2021 The CALMOAA slogan is: GIVE ME ONE

I feel with the correct tools and increased motivation Chapter members should be asked/tasked to recruit one new member or lapsed member into their chapters. Our diverse membership has friends and acquaintances that include former officers, Retired offices or Active Duty and National Guard Officers via their churches/temples, Alumni Associations or other Veteran organizations.

Stay Calm USA will beat the COVID-19

David C Yorck
LtCol USMC Ret
CALMOAA VP Recruiting
619 992 7051

Never Stop Serving



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From the Desk of Patty Wernet (Chapter Affairs) edited

A. Chapter meetings –

1. The number of virtual chapter meetings and chapter board meetings has increased over early 2020 meeting with speakers, joint meetings with other Veteran Service Organization (VSO).
2. Focus is for support of members, community donations and member scholarship for children and grandchildren. Support for JROTC and ROTC has been more difficult since the programs have not had students on the school site. Member support is high with informal buddy checks - especially for surviving spouses, deaths in family, etc. Conversations at chapter meetings include talk about haircuts, recent surgeries, “did you get the vaccine”, favorite drink, and jokes. The chapters who have newsletters are excellent and they keep their members in touched. Most are mailed.
3. Support from Area VPs is high, and I see them at most meetings. They have helped me in navigating meetings, understanding needs, etc.

B. Membership and Recruiting/Retention

1. Size of Chapters – Thirteen chapters have memberships between 8 to 55 members. Areas 4, 5 and 6 at this level. Seven chapters have membership between 55 and 89 members spread among the other Areas.
Ten chapters have memberships between 100 and 180 members spread among the other Areas.
2. Naturally, chapters have had a difficult time in recruiting new members. Having interesting speakers at the chapter meetings may help with recruiting and retention.
3. Retention is difficult because many chapters had members that mainly participated at luncheons, dinners, etc. Also, chapters have an aging population. Highest chapter membership is in Areas with a fixed military facility nearby. Many chapters are not near other chapters and in large, less populated areas as Central California and Northern California. This is not new news but more acute at this time.

C. Other Problems –

1. Little change of members assuming a Board position, writing a newsletter, being on a committee, etc.
2. There was only one new chapter president this year and one Area VP. The majority of the Council members were “retreads” with two new members that I know of.
3. Several chapters are “hanging in” which the Council and Area VPs are aware of.
4. Send out documents as suggested – speakers who will talk with other chapters to broaden the choice; Buddy/check documents and schedule of meeting times for chapters to have joint meetings.

Summary – I enjoy the warm support of chapter members, reading newsletters, comments from Area VPs and Council members. I have been at this for almost a year. It has been a great opportunity and limitation. I have visited more chapters online that I would have in person. I look forward to the next challenge.

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Surviving Spouse Corner: The 4 Facets of Grief

This flexible framework provides skills to help you navigate the grieving process.

By *Renée Brunelle, Surviving Spouse Advisory Council member, and Ruth E. Field, MSW, LCSW*

Often one's grief journey has many variations or facets. After a loss, there are so many things that need to be completed and people demanding your attention that it's easy to forget about taking care of yourself. However, when the final tasks honoring our loved ones are completed, we need to focus on healing ourselves.

Ruth E. Field's book *The 4 Facets of Grief*, helps put into words some of the tough experiences you encounter during the grieving process. The framework is flexible; there is no specific order to the facets, so you can read about and work with whatever interests you and seems relevant.

Here are some highlights from the book:

- **Facet 1: Accepting (the Unacceptable)** — Having to recognize what has happened and is true. This does not mean approving, liking, endorsing, or embracing the situation. Accepting can help you find some clarity in the haze of the decision-making process under the circumstances. [MOAA publications](#) are a great place to find helpful information.
- **Facet 2: Adapting to a New Reality** — Modifying your previous life and transitioning to something new. This adjustment can be very challenging especially when resisting the inevitable change that is happening. Of course, nothing will be exactly the same when a loved one passes, but often aspects can remain. Figuring out what needs to change and what doesn't is part of adapting.
- **Facet 3: Meaning Making** — Creating an opportunity for personal growth and lifestyle changes. Examples include focusing more on religious or spiritual education, increasing family interaction, or even philanthropic causes. Remember you are still here and finding new activities to bring some positive energy to your life can be fulfilling.
- **Facet 4: Replenishing** — It is common to become depleted by people, events, and even your own emotions during grief. Being a bit selfish (in a healthy sense) by taking care of yourself first is key. Identifying what activities you find fulfilling can assist in the healing process. Even thinking about a new or old pursuit could revitalize you.

Each of the facets joins together to create a new beginning.

1. **Accepting** brings you face to face with reality.
2. **Adapting** to new circumstances inspires fresh ideas.
3. **Meaning making** ponders the significance and implications of the loss.
4. **Replenishing** ensures continued healthy self-care.

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Each person's journey is unique like a precious gemstone. When you use new skills like those in Field's framework, you become like a jeweler cutting a rough stone and polishing it into a beautifully faceted one. Then you can let the light in again.

Remember, try not to resist asking for help. Your MOAA surviving spouse liaison can be of assistance. Local resources are available to explore by simply asking your funeral director for a list. All are happy to provide additional support.

Ruth E. Field, MSW, LCSW, can be reached at ruthfield@griefhelper.com for more information on her book and tips on the grief process. (source: [MOAA - Council and Chapter News RECENT](#))

California Governor's Military Council

Dear Defense Community Stakeholder,

The Governor's Office of Planning and Research and the Governor's Military Council are pleased to announce the publication of the and the California Research Bureau's 2020 Statewide National Security Economic Impacts Study, which examines the economic impacts of national security spending in California. This study, made possible by a Department of Defense grant, reflects a substantial increase in scope over prior reports.

[California Statewide National Security Economic Impacts - 2020](#)

Key findings include:

- National security investment in 2019 generated **more than \$180 billion** in economic activity and **more than 800,000** full-time jobs in California.
- California has more national security employment and spending than any other state.
- National security investment in California generated a combined **\$23.2 billion** in tax revenue for federal, state, and local governments.

In the coming weeks, two supplements to this report will be released that detail these findings at a county and congressional district level, illustrating a more complex and localized picture of economic impact within California. We will notify you upon the release of those supplements.

Ship Historian Discusses Operation Desert Storm w/ Veterans

Watch the [Destination Midway "Operation Desert Storm"](#) Episode commemorating the 30th anniversary of Operation Desert Storm.

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Retired Activities Office Locator

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. - 2 p.m. (Tue-Thu)
☎ (602) 353-3033, Opt. 4, Press 2

California

> Retired Activities Office (★)
Naval Air Weapons Station
Code 75H0000
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
965 Franklin Ave., Bldg. 930
Naval Air Station
Lemoore, CA 93246
8 a.m. - 4 p.m. (Mon-Fri)
☎ (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, Code N93V
Port Hueneme, CA 93043
8 a.m. - 4 p.m. (Mon-Fri)
☎ (805) 982-1023

> Retired Activities Office (CLOSED)
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 Station San Diego
Fleet and Family Support Center
3005 Corbina Alley, Suite 1
San Diego, CA 92136
7:30 a.m. - 4:30 p.m. (Mon-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 (serves RI retirees)
Retired Activities Office
Naval Sub Base, New London
Building 83, P.O. Box 93
Groton, CT 06349-5000
9 a.m. - 3 p.m. (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
10 a.m. - 3 p.m. (Mon-Fri)
☎ (904) 542-5790, Fax: 542-5716

> 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 Pensacola
151 Elyson Ave., Bldg. 625
NAS Pensacola, FL 32508-5217
9 a.m. - 1 p.m. (Mon-Fri)
☎ (850) 452-5622

Hawaii

> Retired Activities Office (★)
Military and Family Support Center
4827 Bougainville Drive
Honolulu, HI 96818-3174
9 a.m. - 1 p.m. (Mon-Wed)
8 a.m. - 4 p.m. (Thu-Fri)
☎ (808) 474-0032/1999

Illinois

> Retired Activities Office (CLOSED)
Fleet and Family Support Center
2601A Paul Jones St., Bldg. 42
Naval Training Center
Great Lakes, IL 60088-5125
9 - 11 a.m. (Wed)
☎ (847) 688-2430

Maine (with Portsmouth Shipyard)

> Retired Activities Office (★)
400 Foxtrot Ave.
Naval Air Station
Brunswick, ME 04011-5004
9 a.m. - 1 p.m. (Mon-Fri)
☎ (207) 841-0582

Maryland (★)

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

Massachusetts (CLOSED)

> 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 RAO)

> Retired Activities Office
44200 Jefferson, Bldg. 780,
Room 17 (S604)
Selfridge Army National Guard Base
Mt. Clemens, MI 48045-5263
9 a.m. - 3 p.m. (Tue-Fri)

☎ (586) 307-5580

Minnesota (★)

> Retired Activities Office
Navy Operational Support Center
6400 Bloomington Rd., Fort Snelling
St. Paul, MN 55111-4051
10 a.m. - 2 p.m. (Tue & Thu)
☎ (612) 713-4664

Missouri (CLOSED)

> 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) 524-9553/862-5163

New Hampshire (★)

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

Rhode Island (CLOSED)

Service provided by RAO Groton, CT

South Carolina (CLOSED)

> Retired Activities Office
103 Hill Blvd, Bldg. 503, Rm. 122
Joint Base Charleston, SC 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
7:30 a.m. - 4 p.m. (Mon-Fri)
☎ (901) 874-5195

Virginia

> Retired Activities Office (★)
Fleet and Family Support Center
7928 14th St., Ste. 102
Norfolk, VA 23505-1219
10 a.m. - 2 p.m. (Mon-Fri)
☎ (757) 445-4380 Fax: 445-5326

> Retired Activities Office (★)

Joint Expeditionary Base
Little Creek-Fort Story
Fleet and Family Support Center
1450 D Street
Virginia Beach, VA 23521
10 a.m. - 2 p.m. (Mon-Fri)
☎ (757) 462-7563/8101

Washington

> Retired Activities Office (★)
Fleet and Family Support Center
Naval Station Everett
13910 45th Ave. NE, Rm. 818
Marysville, WA 98271
9 a.m. - 3 p.m. (Mon-Fri)
☎ (866) 854-0638

> Retired Activities Office (★)
Fleet and Family Support Center

Offices marked as (CLOSED)
have been shut due to lack
of volunteers

Naval Air Station Whidbey Island
Oak Harbor, WA 98278
9 a.m. - 3 p.m. (Mon-Fri)
☎ (866) 854-0368

> Retired Activities Office (★)
Fleet and Family Support Center
Naval Base Kitsap
Silverdale, WA 98315
9 a.m. - 3 p.m.
☎ (866) 854-0368

Wisconsin (CLOSED)

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

Navy RAO Overseas

Naples, Italy

> Retired Activities Office
Fleet and Family Support Center
3 - 5 p.m. (Wed only)
081-811-6372

Rota, Spain (★)

> Retired Activities Office
NS Rota Community Support
Bldg 3293
PSC 819, Box 57
FPO AE 09645-5500
1 - 4 p.m. (Tue & Thu, appt only)
34-956-82-3232 (From Conus)

Independent Retired Coordination Offices (IROCOs)

IROCOs are independent retired activities efforts of interested retirees, not sponsored by the Navy, in areas which are geographically isolated from Navy and Marine Corps commands/installations, but which have a sizeable retired population and share a similar RAO mission and operate in a similar manner.

Florida

> Retired Activities Office
VA Lakemont Campus, Rm. 125
2500 Lakemont Ave.
Orlando, FL 32803
☎ (407) 646-4110/4111/4114

Italy

> Retired Activities Office
Via De Amicis No. 16
07024 La Maddalena
O. T. Italy
100-Percent Email Contact
☎ Panzanio@hotmail.com

Subic Bay (Philippine Region)

> Retired Activities Office
Subic Bay-Olongapo
No. 34 National Highway
Barrio Barretto 2200
Olongapo City
PSC 517, Box RS
FPO/AP 96517-1000
9 a.m. - 3 p.m. (Mon. - Fri.)
☎ Din@Raopublic.com
☎ (Office) 011-63-47-222-2314
(24/7 Cell) 639065705335

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Ready Reference Contact Information

Air Force Retiree Services: (800) 531-7502; www.retirees.af.mil
Arlington National Cemetery: (703) 607-8000;
www.arlingtoncemetery.org
Armed Forces Retirement Home: (800) 422-9988; www.afrh.gov
Army & Air Force Exchange Service: (214) 312-2011;
www.aafes.com
Army Retired Services: (703) 571-7232;
<https://soldierforlife.army.mil/retirement>
Burial at Sea Information: (866) 787-0081; www.npc.navy.mil
Combat Related Special Compensation:
www.donhq.navy.mil/corb/crsc/crscmainpage.htm
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: (800) 336-4649; www.usmc.mil
 (Hover over "Marine Services" then click on "Retired Services")
Medicare: (800) 633-4227. TTY: (877) 486-2048; www.medicare.gov
Military Officers Assoc. of America: (800) 234-8622; www.moaa.org
National Burial Services: (800) 697-6940
NPC Navy Reserve Personnel Management (PERS 9): (833) 330-6622
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)
RetiredActivities@navy.mil;
www.npc.navy.mil/support/retired_activities/Pages/default.aspx
Navy Uniform Shop: (800) 368-4088; www.navy-nex.com/uniform
Navy Worldwide Locator: (866) U-ASK-NPC (866-827-5672);
www.npc.navy.mil/organization/npc/cso/Pages/NavyLocatorService.aspx
Reserve Component SBP: (866) 827-5672 ask for PERS-912
Retiree Dental — Delta Dental: (888) 838-8737; www.trjg.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

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
 8899 E 56th Street
 Indianapolis, IN 46249-1200
 (800) 321-1080 / Fax: (800) 469-6559.

SBP/RSFPP annuitant:

Defense Finance and Accounting Service
 U.S. Military Annuitant Pay
 8899 E 56th Street
 Indianapolis IN 46249-1300
 (800) 321-1080 / (800) 469-6559

TRICARE: www.mytricare.com/mtc

TRICARE East: www.humanamilitary.com/beneficiary
 AL, AR, CT, DC, DE, IL, IN, KY, FL, GA, LA, MA, MD, ME, MI, MS, NC, NH, NJ, NY, OH, OK, PA, RI, SC, TN (except 35 Western zips), TX (except the extreme Western area) VT, VA, WI, and WV

TRICARE West: www.tricare-west.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 some zips in IA, MO, TN

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

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) 442-4561; www.gibill.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) 874-2044

Gray-area reservists: (833) 330-8622

Navy recreation: 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

Army Echoes: <https://soldierforlife.army.mil/retirement/echoes>

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

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California Council of Chapters of MOAA (CALMOAA)

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MOAA's 2021 Legislative Priorities

By: MOAA Government Relations Staff

Here are MOAA's priorities for advocacy as the 117th Congress begins its work. Our focus remains on all eight of the uniformed services and their service-earned entitlements.

As protecting health care and service-earned benefits continues to be a challenge, MOAA will press forward in engaging Congress to shape outcomes in these vital areas.

There are steep hills before us. Our nation has a rising debt of more than \$27 trillion, and a deficit of more than \$3 trillion. In view of this, MOAA anticipates robust attempts to control federal budgets, reduce or eliminate unprogrammed expenditures, and reduce entitlements.

Please follow the link below to get a more in-depth explanation. <https://www.moaa.org/content/publications-and-media/news-articles/2020-news-articles/advocacy/moaas-2021-legislative-priorities/?ite=2154&ito=2538&itq=93f61d7e-61bc-4791-8583-1f51084ffd91&itx%5Bidio%5D=17976>

VA's New Web Feature, Phone Number Target Common Veteran Complaints

By: Amanda Dolasinski

Beneficiaries now can update their contact information via their [VA.gov profile](#), and the change will synchronize across VA networks. Veterans can enter demographic information – including a phone number, email addresses, home addresses, and disability ratings one time and have it change across networks addressing health care, disability compensation, pension benefits, claims and appeals, and the Veteran Readiness and Employment (VR&E) program. Previously, if a veteran needed to change any demographic information, he or she would be required to call each individual VA network where that information is on file. (Veterans still must connect with separate offices to change details regarding education and home loan benefits, CHAMPVA, Veterans' Mortgage Life Insurance, and The Foreign Medical Program.)

24-Hour Hotline

The administration also has officially launched the My VA hotline, which will serve as the starting point to all VA contact centers and will help veterans find the right person to address their needs. Veterans can call 1-800-MyVA411 (1-800-698-2411) with the option to press 0 to be immediately connected with a customer service agent to answer questions or connect to the appropriate VA expert. The hotline operates 24 hours a day, 365 days a year. The VA conducted a pilot phase of the hotline from Oct. 1, 2019, to Sept. 31 of 2020, [per a VA press release](#). During that time, more than 1.3 million people called the VA contact center. The VA also maintains the Veterans Crisis Line at 1-800-273-8255, by chat at [veteranscrisisline.net](#) and by text message at 838255. The VA also maintains the White House VA Hotline at 1-855-948-2311 which can be used "for Veterans and their families to share compliments and concerns," per the release.

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Here's How to Avoid COVID-19 Vaccine Scams

By: Shane Ostrom

Now that the coronavirus vaccine is being deployed to the public, you will need reliable sources of information to stay up to speed on the relevant issues. It's too much to cover in one article, so this article includes links to the most comprehensive information regarding insurance coverage as well as vaccine procedures and timelines. And remember, scams are rampant — beware of criminals. Medicare and TRICARE cover the vaccine at no cost to you, so if anyone asks you to share your private health care information or pay for access to the vaccine, it's a scam.

Things to know about scams:

- You can't pay to put your name on a list to get the vaccine.
- You can't pay to get early access to a vaccine.
- Don't share your personal or financial information with anyone who calls, texts, or emails you promising anything related to the vaccine or health care.
- Hang up the phone or delete any emails or texts that ask you to do anything. Do not click on any attachments or links in emails or texts. Nothing is as it seems. Scam attempts look very real.

Use only reliable sources to get information about the vaccine, like:

- [Medicare](http://www.medicare.gov/medicare-coronavirus) (www.medicare.gov/medicare-coronavirus)
- [TRICARE](https://tricare.mil/HealthWellness/HealthyLiving/Coronavirus/COVID-Vaccine) (For TRICARE information specifically regarding vaccines, go [here](https://tricare.mil/HealthWellness/HealthyLiving/Coronavirus/COVID-Vaccine), tricare.mil/HealthWellness/HealthyLiving/Coronavirus/COVID-Vaccine. For one-stop-shop TRICARE information regarding coronavirus, go [here](https://tricare.mil/HealthWellness/HealthyLiving/Coronavirus/COVID-Vaccine), <https://tricare.mil/HealthWellness/HealthyLiving/Coronavirus/COVID-Vaccine>)
- [Centers for Disease Control and Prevention](https://www.cdc.gov/library/researchguides/2019novelcoronavirus/websites.html) (www.cdc.gov/library/researchguides/2019novelcoronavirus/websites.html)
- [National Institutes of Health](https://covid19.nih.gov) (<https://covid19.nih.gov>)
- [MOAA](http://www.moaa.org/content/publications-and-media/news-articles/2020-news-articles/rollout-report-the-covid-19-vaccine-and-dod,-va,-medicare,-and-more) (www.moaa.org/content/publications-and-media/news-articles/2020-news-articles/rollout-report-the-covid-19-vaccine-and-dod,-va,-medicare,-and-more)

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