



California Council of Chapters of MOAA (CALMOAA)

June 2021 issue

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Notes from the President’s Desk

I would like to thank Jeff Breiten in jumping on a serious oversight made by the Governor’s plan to reward those who did get their COVID shot. Jeff recognized that the plan did not include anyone who got their shot at the VA and/or a federal facility (i.e. the base, etc.). He immediately got the word out to CALMOAA, some of our elected officials, and with the help of Reeb Government they got the word out to various veterans’ groups, California Council of Veterans.

It was a win for California Military Officer of America Association (CALMOAA) and Veterans Advocacy for our veteran community in the State of California! Whereas an organization we pointed out the California Immunization Registry (CAIR)'s COVID Vaccine Incentive Program excluded anyone who was vaccinated at Veterans Administration (VA) and/or military hospitals has been resolved. We were able to get our elected California Assemblymen, Assemblywomen, Senators on board with us and address this mistake that unfairly leaves out our veterans and active-duty military in California from entering to win. On June 4, we received word that all VA health care systems have outlined a way forward to ensure that veterans and active-duty who meet the eligibility criteria are included in the drawing. I am glad to see that this unfortunate oversight has been resolved! Learn more about the incentive program, "[“Vax for the Win.”](#)”

Please see email from Allison H (from the Governors California Military Council) on page 8 regarding this subject announcing the change. Thank you Jeff and Reeb Government for helping us get the word out to everyone.



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In addition to the above I would like to note that June marks Posttraumatic Stress Disorder (PTSD) Awareness Month. VA is committed to ensuring our Veterans get the help they need through treatment, benefits, and support to lead them to a better quality of life.

If you or a loved one are suffering from PTSD, VA is here to help. Learn more about PTSD and find out if you can get disability compensation or benefits if you have symptoms of PTSD:

<https://www.va.gov/disability/eligibility/ptsd/>

<https://www.facebook.com/VeteransBenefits/>

In addition to the above the Army celebrates its birthday on 14 June. It was founded on June 14, 1175, and it will be celebrating its 245th birthday. The class of 1909 is sometimes called the “Class the Stars feel on”. Of the 164 graduates, 59 (36%) obtained the rank of general, more than any other class in the history of the academy. This class comprised of Dwight D. Eisenhower, Omar N. Bradley, Joseph T. McNarney, James A. Van Fleet, Hubert R. Harmon, Henry S. Aurand, Vernon Prichard, Henry B. Sayler, Henry J. F. Miller, Charles W. Ryder, and A. Arnim White. Unlike other services in our history the Army has been diversified since the Civil War. 442nd Infantry, 24th Infantry, 25th Infantry, 9th and 10th Cavalry are just some of units who have left their impression in the history of the Army.

On 5 June 2021 I had the honor of being an invited guest of Lieutenant Colonel Michelle Parlette, USA, Commanding Officer of San Diego State University Army ROTC. Colonel Darryle Grimes, USAF (Ret), Colonel Wes Shermann, USA (Ret) and I were proud witness the commissioning of our newest and brightest officers serving today.





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Thank you Dawn Wyllie for sending us two additional resources that has been added to the Retiree Resource Section. The **"USCG Retiree Services" (includes USPHS & NOAA)** and **Long Blue Line Retiree Bulletin (USCG, USPHS, NOAA)**.

We had a great 2nd Quarter All Hands meeting this year – see link (https://youtu.be/QBVnqBQ_19A) - note this is an unlisted recording of our quarterly meeting if you missed it. At our meeting Dr Mark Ryan did a great presentation on the North Valley Military Institute. If you are looking for something to sink your teeth into as chapter and/or personally reach out to Dr Ryan at mryan@novamil.org or you can always call or text him at 323-217-4481. General Dan Pemberton was impressed when he visited NVMI.

Stay Safe and be careful out there.

E Fred Green, Jr.
President CALMOAA

Please note the following significant dates and MOAA deadlines:

1. October Military Officer Magazine Chapter Input Due 1 Jul 2021
2. Annual Meeting / LOE Award Ceremony October 2021
3. Southwest Leaders' Regional Workshop (Southern California) 19 – 20 Nov 2021
 - a. Note this may be held in the San Diego County or the Los Angeles County Area or it may be a Virtual Meeting. More to follow as we get closer.
 - b. If it is held in person I would like to combine our annual meeting with the Regional Workshop and to have as many chapter representatives attend.
 - c. I would also like to have volunteers to help set up a golf tournament as a fund raiser for CALMOAA.
4. The 3rd Quarter All Hands is TBA.

We are working on collecting from those few chapters who have not paid chapter dues per our bylaws. Please reach out to Allen Maxwell (his email is allen.maxwell@omni2max.com) if you have questions. Updated invoices will be sent out to specific chapters and Area Vice Presidents this month. Please advise if you need Allen and/or me to retransmit your invoice.

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!

“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



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

ADDRESS CHANGE:

Alta CA Chapter changed their mailing address to:
PO Box 541
Yuba City, 95992

MOAA Networkers. Quick reminder, we have a couple of webinar events and virtual career happening over the next week! **Free and open to all members of the uniformed services and veteran community** – currently serving, retired or separated, officer and enlisted, Guard and Reserve, as well as surviving and military spouses. And, for all of the webinar events – we record and archive so, if you can't make it? No problem. Register now for the webinar and we'll send you a link to the recording.

Webinar: Expert Tips on Preparing a Winning Federal Resume. Re-scheduled to Mon, June 14 at 2:00 PM ET.

Register: <https://www.moaa.org/content/events/transition-and-career/expert-tips-on-preparing-a-winning-federal-resume/>. Thinking about applying for a federal job? Join MOAA and a special guest to discuss expert tips for preparing a résumé that will help you land an interview.

MOAA Virtual Career Fair featuring FASTPORT. Tues, June 15 from 1:00-2:30 PM ET.

Register: <https://www.moaa.org/content/events/transition-and-career/virtual-career-fair-with-fastport/>. Transitioning servicemember? Military spouse with a career on the move? Veteran seeking career advancement? Encountering employment uncertainties caused by the pandemic? Don't know where to start? Let MOAA help you.

Participating employers include:

- Amazon (including Transportation Insight)
- Microsoft
- FASTPORT, Inc.
- Booz Allen Hamilton
- CACI International, Inc.
- Brookhaven National Laboratory
- Dalferes Enterprises, Inc.
- U.S. Army Corps of Engineers, Office of the Chief Information Officer
- McKesson
- Randstad Technologies Group
- Mears Group, Inc.
- U.S. Customs and Border Protection, Office of Information and Technology
- Alaska Airlines/Horizon Air
- Hewlett Packard Enterprise
- REDWHITEANDCOOL (DoD SkillBridge Program)
- McCormick & Company
- Wärtsilä Defense, Inc.
- And more!



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Summer Recruitment and MOAA Quarterly Incentives

As summer approaches and graduation is upon our steps this is a perfect time to reach out and ask your young Cadets and Midshipman to join MOAA. This is the time to offer them a free membership as a Basic member of MOAA and/or a Premium membership. Remember to ask for their home email address so that they can keep their membership going. In regard to recruitment incentives from MOAA please remember MOAA is paying incentives for Premium and Life time members. If you do not have the new 2021 Chapter Recruiting Program Guide please go to this link to <https://www.moaa.org/content/chapters-and-councils/chapters-and-councils/council-and-chapter-recruiting-and-membership/> link to download the guide or reach out to your Area VPs, and/or me if you do not access to the guide and we can email it to you.

National Legislation and MOAA Advocacy in Action

NATIONAL LEGISLATIVE HIGHLIGHTS

<https://takeaction.moaa.org/moaa/?0>

Key Bills

Federal - HR 148

A bill to provide a work opportunity tax credit for military spouses and to provide for flexible spending arrangements for childcare services for military families.

Federal - HR 413

A bill to amend the Internal Revenue Code of 1986 to allow the work opportunity credit to small businesses which hire individuals who are members of the Ready Reserve or National Guard, and for other purposes.
Support

Federal - HR 847

A bill to provide interim appropriations for the Coast Guard Retired Serviceman's Family Protection and Survivor Benefits Plans for each fiscal year after fiscal year 2018, and for other purposes.
Support

Federal - S 21

A bill making continuing appropriations for Coast Guard pay in the event of an appropriations act expired prior to the enactment of new appropriations (official title to be confirmed).
Support

Advocacy in Action topics this year.

1. Comprehensive Topic Exposure

Congress: Enact these bills to support comprehensive toxic exposure reform. Cosponsor the Veterans Burn Pits Exposure Recognition Act, S. 437 – Concede exposure for those who served where burn pits were used in Southwest Asia. Increase reporting, transparency, and oversight of established presumptive and special interest conditions. Cosponsor the Toxic Exposure in the American Military (TEAM) Act., S. 927/ H.R. 2127 * Support



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health care for exposed service members. * Create an advisory committee to recommend research. * Require the VA to respond to scientific evidence associating diseases with toxic exposure.

<https://takeaction.moaa.org/moaa/app/write-a-letter?3&engagementId=511223>

2. TRICARE Young Adult Parity (TYA) H.R. 475 – Please ensure military families have the same health care protection for their young adult children as their civilian counterparts covered by commercial plans. <https://takeaction.moaa.org/moaa/app/write-a-letter?7&engagementId=511394>
3. Basic Needs Allowance H.R. 2339 – We are seeking bipartisan support for our military families facing food insecurity. Your co-sponsorship of this legislation will help us secure this bill in FY 2022 National Defense Act. Support for military families. <https://takeaction.moaa.org/moaa/app/write-a-letter?11&engagementId=511409>

CALMOAA Advocacy in Action –

On June 1, 2021, CDR Gene Talmadge, CEC, USN (Ret) Area 5 Vice President met with Congresswoman Julia Brownley (CA-26) at the Camarillo Veteran’s Memorial in the City of Camarillo. He represented the Conejo-Simi Valley Chapter of MOAA and CALMOAA Area 5 and presented a Certificate of Appreciation from CALMOAA for her support of active duty military, retirees, veterans and their families. MOAA’s Advocacy in Action was discussed from Comprehensive Toxic Exposure Reform to recognize and treat the long-term effects of toxic material our troops have been exposed to in the course of their duties (such as Agent Orange for Viet Nam veterans, and exposure to various chemicals in the Gulf War, Iraq and Afghanistan). The second item is Tricare Young Adult coverage parity to provide protection of military kids transitioning to adulthood – now they are losing their eligibility for medical coverage unlike other civilian medical plans. The third is a Basic Needs Allowance for servicemembers in lower income brackets by providing a special allowance to them – this is especially important in the pandemic environment when military spouses may be out of work (this is especially true for our servicemembers serving in Ventura County).

Gene was joined at the presentation by LTC Michael Kwan, USAF (Ret) CALMOAA VP for Area 3 (a portion of Ventura County, Santa Barbara and San Luis Obispo Counties), Mayor Charlotte Craven (Mayor for the City of Camarillo), and other city officials. We had an excellent discussion about veterans’ issues, active duty military interests and other related matters. Congresswoman Brownley was personally very familiar with the three MOAA initiatives and is working on them all recognizing their importance to our service members, veterans and their families.



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This month we received an email from MOAA congratulating us on Advocacy in Action (see email below)

From: Allison Reilly

Sent: Wednesday, June 2, 2021 6:30 AM

To: JEFF BREITEN LtCmdr <breitenj@msn.com>

Cc: Cory Titus

Subject: RE: [External Email]CALMOAA

Commander Breiten,

Thank you for all that you and CALMOAA have done to support this year's advocacy campaign. There is no further action needed from your team after you fill out the online form.

CALMOAA has reported 9 meetings to MOAA HQ so far and have sent 506 letters to their Members of Congress, as of this morning. Across the country, C&C Leaders have reported over 250 meetings and have sent over 11,000 letters. There will be an After Action Report on the campaign in next week's MOAA Newsletter with more information.

The attached spreadsheet gives a more detailed breakdown of where CA stands for meetings reported, sponsorship/co-sponsorship, and letters sent. Please let me know if you would like any further information.

Respectfully,
Allison

Contact info:
2021calmoaa@gmail.com



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Allison Reilly
Government Relations
Military Officers Association of America (MOAA)
201 N Washington Street
Alexandria, Virginia 22314-2539
www.moaa.org

From: Allison H (from the Governors California Military Council)
Date: Friday, June 4, 2021 at 3:07 PM
To: E Fred GREEN <fred.green@me.com>
Cc: Jeff Breiten <breitenj@msn.com>
Subject: RE: Covid 19 vaccine incentive program

And the actual press release is helpful I'm sure:

News Update

On May 27, California Governor Gavin Newsom announced a new vaccine incentive program **[“Vax for the Win.”](#)** his \$116.5M program is an initiative to reward California residents who have already received at least one vaccination shot and reinforces the value of vaccines as we continue to fight COVID-19. The program includes cash prizes for both previously vaccinated individuals and those who are fully vaccinated as of May 27. The “Vax for the Win” drawings begin June 4 and will continue through June 15.

Individuals vaccinated by VA are not in the California’s state immunization information system; however, all VA health care systems serving California worked with the state to outline a way forward to ensure those that meet the eligibility criteria are included in the drawing.

VA values the privacy of each person who receives their COVID-19 vaccination from VA (to include non-enrolled Veterans, caregivers and spouses under the SAVE LIVES Act, as well as federal partners). VA has not and will not disclose any Personal Health Information (PHI) to the California Department of Public Health.

VA has authority to disclose de-identified data to California Department of Public Health as long as there are no personal identifiers (such as SSN, date of birth, address, phone #, etc.) in order for VA-vaccinated patients to be eligible for the drawing. Each qualified individual’s entry will be assigned a random number (universally unique identifiers (UUIDs)). VA will send an UUID number list (with no PHI) to the state.



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If a VA-vaccinated individual wins, then the UUID would be provided back to VA to “map” back to the individual and then VA would contact the winning individual with next steps.

Allison

www.militarycouncil.ca.gov

CALMOAA Treasure Report as of 27 May 2021

CALMOAA FY2021 Budget	2021 Actual Numbers 18 Dec 2020 - present (based on xx members) Increase Conf Fees		FY2019 Actual Numbers through 31 Dec 2019 (based on 2,591 members)	
	Income	Expenses	Income	Expenses
Income				
CALMOAA Chapter Dues	\$4,052.00		\$5,183.00	
Council Meeting Support & Registration Fees			\$6,715.00	
Lobbying Donations			\$0.00	
Advertising Income			\$100.00	
USAA Support			\$800.00	
MOAA National Support (incl. President's mileage)	\$180.00		\$500.00	
Misc. Donations/Income			\$938.18	
Coin Sales by CALMOAA			\$0.00	
TOTAL INCOME	\$4,232.00		\$14,236.18	
Expenses				
Lobbying		\$1,500.00		\$3,573.92
Meetings (Printing & Reproduction, etc)				\$9,492.29
Awards to be presented by CALMOAA				\$373.34
CALMOAA EXCOM Travel (reimb. donated by National)				\$1,142.00
Coins (New this year VICE Website Charges in FY2019)				\$350.00
Miscellaneous Expenses				\$1,534.52
Cal State Veterans Commanders Council Dues		\$150.00		\$150.00
TOTAL EXPENSES		\$1,650.00		\$16,616.07
Year End Difference:		\$2,582.00		(\$2,379.89)

We are working on collecting from those few chapters who have not paid chapter dues per our bylaws. Please reach out to Allen Maxwell (his email is allen.maxwell@omni2max.com) if you have questions. Updated invoices will be sent out to specific chapters and Area Vice Presidents this month. Please advise if you need Allen and/or me to retransmit your invoice.



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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!

30 Second “elevator pitch” to promote membership – Membership in an association such as our is achieved by the majority when a friend/acquaintance is also a member. We need your help to encourage your friends, neighbors, business associates, etc. to come join us! Participating in the social events is not mandatory (albeit fun!) but we do need their support and voice when it comes to advocacy at the city, county, and state level. Here’s approach you could take when introducing your MOAA chapter to someone:

Open the conversation with something like: I am with the Military Officers Association of America (MOAA) and the _____ Chapter. Are you a member? If no:

- We are a volunteer nonprofit organization for commissioned officers (and surviving spouses) that has approximately 1100 members and is over 50 years old – located at _____
- We advocate and lobby for the entire military community – all ranks – to influence legislators in Washington DC and Sacramento to sustain yours and my earned entitlements, i.e. pay raises, medical benefits, commissary privileges, education benefits, etc.
- We make ourselves heard through the strength of our membership numbers.

This is why it is important for all eligible officers to belong. In addition, we run the chapter operations and promote camaraderie through our monthly social events. Here is an application providing membership in both MOAA and Your Chapter.

- You owe it to yourself (and family) to support the organization that supports you and I ask that you please join. Thanks

If you get push back consider saying:

- It is a no hassle membership – no sales calls, no sales emails and no pressure to be actively involved.
- We are just looking to you to help strengthen our numbers.
- You will receive legislative updates, the national MOAA Military Officers and our chapter newsletter by _____ to keep you informed.
- Again, you owe it to yourself (and family) to be part of an organization that protects your rights, entitlements and benefits.

Have them sign up at _____ or call _____.

North Valley Military Institute

For information about any of these opportunities to support NVMI, please email Dr. Mark Ryan, NVMI Superintendent at mryan@novamil.org or you can always call or text him at 323-217-4481.

The Search for ‘Quick Growth’: Why This Common Goal Needs a Reality Check

By: Shane Ostrom



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“Shane, I have a lump sum I want to use for a home purchase in a few years, but I need it to grow first. Where can I invest the amount to get some quick growth?” Sigh. Unfortunately, this question is all too common. However, I do find it interesting. First, let me answer the question definitively: There is no such investment.

There is a general fear of the stock market. People tend to think of the stock market as something that is always on the verge of losing money. They say this even though, over time, the stock market is up 70% of the time. Humans fear a loss twice as much as we find pleasure in a gain. This is known as the loss aversion bias. Our natural tendency is to avoid losses. It comes down to survival instinct: We would rather not lose \$50 than gain \$50. Yet, the quick growth question persists.

Maybe it's rooted in another psychological bias known as mental accounting. We categorize things like finances, college, retirement, windfall, etc. Labeling causes us to overlook established finance principals because we limit our focus to a situation. Coming into a lump-sum amount is “found” money — money you would never risk under regular circumstances now becomes money to take a flyer on. Or maybe it's the thought that an investment exists that they don't know about. However, if there was an investment that could turn a quick profit, with low-to-no risk, I'm certain it would not be a secret. Some money manager would be overworked taking peoples' money. If this existed, why would we bother putting our money elsewhere?

Instead of focusing on the available money, focus instead on the time before money is required:

- Short-term money (<1-5 years) **requires safety, stable value, and liquidity** — nothing pays well in this category, but that is not the requirement in this category, is it?
- Mid-term money (five 10 years) can assume minimal risks for a slightly larger return, but you must focus on the amount of risk you are assuming.
- Long-term money (10-plus years) can take on the greatest risk as time becomes your ally. Remember, 70% of the time, the stock market is up.

Surviving Spouse Corner: Help Us Help You

By: Suzanne Walker

The Surviving Spouse Advisory Council (SSAC) just wrapped up a busy month. Members of the SSAC joined hundreds of MOAA council and chapter presidents and board and staff members for the Advocacy in Action event to support MOAA's advocacy initiatives. The SSAC also participated in the Surviving Spouse Virtual Chapter meeting, the council and chapter Virtual Leaders' Regional Workshop, and the Florida Council of Chapters annual convention. These activities help the SSAC achieve its mission to encourage, engage, and educate.

To further ensure the council fulfills its mission, we want to hear from you. Tell us what issues are important to you as you navigate life without your loved one. We have several avenues you can use to express your opinions, ask questions, learn about resources, and receive support from fellow surviving spouses. From The MOAA



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Newsletter, Military Officer magazine, and MOAA.org to the MOAA Surviving Spouses and Friends Facebook group and the Surviving Spouse Virtual Chapter we are here for you.

Would you like to connect with others who have similar interests, like gardening, genealogy, cooking, or travel? Would you like to participate in one of the MOAA-sponsored cruises but need a travel companion? Are you interested in attending a MOAA-sponsored social gathering near your home but are unsure about taking that first step?

Connect with the SSAC and let us know what is important to you. Send emails to sscomm@moaa.org.

Survivor Comfort Act Introduced in the Senate

By: Mark Belinsky

Bipartisan legislation to correct a financial injustice for new survivors was introduced in the Senate on May 18, joining a House bill on the issue introduced in March. The Senate version of the Military Retiree Survivor Comfort Act (S. 1669) was introduced by Sens. Rob Portman (R-Ohio) and Elizabeth Warren (D-Mass). Reps. John Garamendi (D-Calif.) and Michael Turner (R-Ohio) introduced H.R. 2214 on March 26.

When a retired servicemember passes, the Defense Finance and Accounting Services (DFAS) recoups the last month of retirement pay. This action often adds terrible financial stress to a grieving widow. The Military Survivor Comfort Act would allow survivors to avoid this immediate recoupment (and possibly overdraft fees) and instead gradually repay the amount over the next 12 months. They also would have an opportunity to request debt forgiveness through DoD.

“Too many surviving spouses are financially caught off guard when their servicemember passes,” said Lt. Gen. Dana T. Atkins, USAF (Ret), president and CEO of MOAA. “DFAS recoupment of the last paycheck can empty a banking account for a grieving survivor. MOAA strongly supports Senators Portman and Warren’s introduction of the Military Survivor Comfort Act that will ease the financial burden with a gradual repayment and option to appeal for debt forgiveness.”

Portman said overdraft fees should be “the last thing families of veterans and retired servicemembers need to worry about after the death of their loved ones,” adding that the bill “would end DoD’s practice of taking back benefits without account holders’ knowledge and avoid any unnecessary financial hardships for grieving military families during an already difficult time.”

Warren said the bill “stops the Defense Department from inflicting unnecessary financial hardships on our military families during a loss,” and that the service of her three brothers helped make her aware “that the sacrifices of veterans and their families should never be diminished by the insensitive practice of reclaiming retirement benefits.”



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Some surviving spouses are caught off guard by all the notifications and transactions required when their servicemember passes. Forgetting to notify DFAS can result in large fund recoupment that could easily empty a banking account for a new survivor. The gradual repayment and option to appeal for debt forgiveness has support across military and veterans service organizations.

Many of those groups are part of The Military Coalition (TMC), which represents a combined 5.5 million members of the uniformed services community. You can read the TMC's letters to House and Senate members in support of this act.



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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;
[webpage](#)

Combat Related Special Compensation:
www.donhq.navy.mil/corb/crscb/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.gulflink.osd.mil

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

<http://www.mynavyhr.navy.mil/Support-Services/Pay-Pers-Support/ID-Cards/>

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) 234-6622; www.moaa.org

National Burial Services: (800) 697-6940

NPC Navy Reserve Personnel Management (PERS
9): (866) 827-5672;
www.mynavyhr.navy.mil/Career-Management/Reserve-Personnel-Mgmt/

Navy Casualty Assistance: (800) 368-3202

Navy Retired Activities Office: (866) U-ASK-NPC
(866-827-5672) MILL RetiredActivities@navy.mil;
www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Retired-Activities/

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

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

Retiree Dental — Delta Dental: (888) 838-8737;
www.trdp.org



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Servicemembers Group Insurance (SGLI): (800) 419-1473;

www.insurance.va.gov

Pay/SBP Questions: www.dfas.mil

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

Retiree:

Defense Finance and Accounting Service

U.S. Military Retirement Pay

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

VA: www.va.gov

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

TDD (800) 829-4833

Insurance:

VA Regional Office and Insurance Center

PO Box 7208 (claims inquiries) -ORPO

Box 7327 (loans) -ORPO

Box 7787 (payments)

Philadelphia PA 19101

(800) 669-8477; www.insurance.va.gov

Burial information: (800) 827-1000;

www.cem.va.gov

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

Records:

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

Retired prior to 1995:

www.archives.gov/veterans/militaryservice-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

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

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,

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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

"USCG Retiree Services" (includes USPHS & NOAA)

<https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Retiree-Services-Program/>

Long Blue Line Retiree Bulletin (USCG, USPHS, NOAA) : <https://www.longblueline.org/>

U.S. Senate directory for 117th Congress.

https://www.senate.gov/general/contact_information/senators_cfm.cfm

U.S. Senate: Contacting U.S. Senators

<https://www.senate.gov/senators/senators-contact.htm>

U.S. Senate: Committee on Veterans' Affairs

https://www.senate.gov/general/committee_membership/committee_memberships_SVA.htm

U.S. Senate: Committee on Armed Services

https://www.senate.gov/general/committee_membership/committee_memberships_SSAS.htm

House Armed Services Committee members

<https://armedservices.house.gov/meet-our-members>

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

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

CALMOAA (Private Group) – Facebook Link: www.facebook.com/groups/582556558468846/

Military Officers Association of America (MOAA) - Facebook link

<https://www.facebook.com/28446275521/posts/1015908202705522/?d=n>

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Assemblywoman Lorena Gonzalez office is available to answer any questions you may have on these updates or other important state resources. To speak to someone over the phone, contact our District Office during regular business hours, Monday-Friday: (619) 338-8090. To reach someone by email, contact Assemblymember.Gonzalez@assembly.ca.gov.
Capitol Office: Sacramento, CA 95814 – Phone (916) 319-2080

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