

SHIFT COLORS

The
Newsletter
for Navy
Retirees

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Navy Personnel Command

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Photo by Mass Communication Specialist 2nd Class Jared Hill

Sailors man the rails of the aircraft carrier USS George Washington (CVN 73) as the ship prepares to depart Changi Naval Base in Singapore. George Washington was returning to sea to continue security and stability operations in the western Pacific Ocean.

New rules for PTSD claims

The Veterans Affairs Department has posted a fact sheet including questions and answers about the new rule governing post-traumatic stress disorder claims.

This new rule, to be published in the Federal Register, relaxes the evidence requirement of certain PTSD stressor claims by veterans. The fact sheet is available online at www.va.gov/PTSD_QA.pdf.

Veterans of any era or conflict can file a claim under the new rule.

"This nation has a solemn obligation to the men and women who have honorably served this country and suffer from the often-devastating emotional wounds of war," Veterans Affairs Secretary Eric K. Shinseki said.

VA speeds health care apps

Courtesy Veterans Affairs

As part of Secretary of Veterans Affairs Eric K. Shinseki's effort to streamline access to benefits, the Department of Veterans Affairs (VA) has removed the signature requirement for veterans who electronically submit an online 10-10EZ "Application for Health Benefits."

"This singular action will reduce days, if not weeks, for veterans who apply online to access their hard-earned medical benefits and upholds the promise to reduce access barriers to needed care for this nation's veterans,"

said Shinseki.

Previously, veterans filling out the online application were required to print a copy, sign it and send to their local medical center or wait for a copy to be mailed to them for signature and mailing before enrollment into the VA healthcare system could occur.

For additional information, go to www.va.gov/healtheligibility or call VA's toll free number at 1-877-222-VETS (8387). The online form is available at <https://www.1010ez.med.va.gov/sec/vha/1010ez/>.

Medicare rate cut delayed

The President has signed a measure that delays a 21-percent cut in Medicare's reimbursement rate through Nov. 30. The measure also increases reimbursement rates by 2.2 percent.

Medicare began paying claims at the reduced rate on June 18, but will reprocess affected claims at the new rate. Once Medicare finalizes new reimbursement rates, it takes TRICARE 30 - 60 days to make arrangements to align its reimbursement rates with Medicare as required under the law.

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Shift Colors

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Photo by Mass Communication Specialist 1st Class Ruben Perez

Members of Cardinal Company march through the streets of St. Louis to Busch Stadium to be sworn into the Navy. This event was part of St. Louis Navy Week 2010. St. Louis Navy Week, Sept. 2-12, is one of 19 Navy Weeks planned across America for 2010. Navy Weeks show Americans the investment they have made in their Navy and increase awareness in cities that do not have a significant Navy presence.



From the Chief of Naval Personnel

Shipmates,

Welcome to the latest issue of Shift Colors.

As our great Navy has changed and evolved throughout our history, so has Shift Colors. You may have noticed, starting with our last edition, that Shift Colors is now delivered electronically instead of to your home address. While we are shifting delivery methods, we are not shifting our commitment to our retirees embodied throughout the 55 year history of this publication.

According to the Pew Research Center, a nonpartisan public research organization focusing on attitudes and trends in America, senior citizens are increasingly turning to the Internet and social media networks, such as Facebook and Twitter, for news and information. That is the future of information delivery and that's where Shift Colors needs to be to best serve those who served us.

Shift Colors is now located online at www.npc.navy.mil/ReferenceLibrary/Publications/ShiftColors/. There you will find the latest issue of Shift Colors and all its contents. You will also find a separate link to Reunion and Retiree Seminars that are updated frequently.

You can receive Shift Colors automatically via e-mail by signing up at MILL_ShiftColors@navy.mil. You need to include your name, email address (please write it out in the body of the email, it makes it easier to add you to the distribution list), your rank at retirement, if applicable, and your military affiliation (whether or not you're a retiree, spouse, veteran or a public citizen interested in receiving the newsletter).

The online version of Shift Colors is nothing new; the publication has been online for years with archived issues going back to 2000. The online version provides the same content, but is accessible anywhere there's an Internet connection. You can also more easily share Shift Colors by simply forwarding it to your friends and family via email. By publishing online, we are better able to serve our retirees by providing the most up-to-date information on issues that matter to you. In this issue, you'll find a variety of articles from the Defense Finance and Accounting Service, TRICARE, Veterans Affairs and others, as well as the latest reunions and contact information.

Along with helping your fellow Shipmates spread the word about Shift Colors, you can get involved in Navy Safe Harbor through the Anchor program. Safe Harbor provides life time support for the non-medical care of the wounded, ill and injured Sailors and Coast Guardsmen and their families.

The Anchor program provides volunteer mentors from the Navy Reserve, retirees and community partners, and act as mentors to provide reintegration support for transitioning wounded, ill and injured Sailors, Coast Guardsmen and their families.

To volunteer, go to the Safe Harbor website at www.safeharbor.navy.mil and click on the "Anchor Program Application" link in the right-hand menu bar under "Related Media."

Once again, I'd like to thank you for your service. We are the greatest Navy in the world because of our high caliber Sailors, both past and present.



All the best,
Mark E. Ferguson III
Vice Admiral, USN

TRICARE covers some 'gray area' retirees

Courtesy of TRICARE

TRICARE Retired Reserve, a new program being launched in the fall, will allow certain "gray area" retired National Guard and Reserve personnel, who are not yet age 60, the opportunity to purchase TRICARE health coverage.

Passage of the National Defense Authorization Act for 2010 provided

retired National Guard and Reserve personnel with new TRICARE health coverage options before they reached age 60. Under TRICARE Retired Reserve, TRICARE Standard and Extra coverage will be available for purchase to "gray area" retirees.

Other details involving specific eligibility rules, coverage and costs are still

being coordinated and finalized. Those who would like to be among the first to know about final details for TRICARE Retired Reserve are encouraged to sign up for e-mail updates from TRICARE.

Visit www.TRICARE.mil/subscriptions and sign up for "Benefit Changes" for "Retired National Guard and Reserve Member."

VA secretary addresses importance of care for women veterans

*By Army Sgt. 1st Class Michael J. Carden
American Forces Press Service*

Women in today's military serve closer to the front lines of combat than ever before, and as they become veterans the Veterans Affairs Department will be ready to handle their care, VA Secretary Eric K. Shinseki said.

Speaking at a forum on women veterans at the Women in Military Service for America Memorial in Arlington, Va., Shinseki underscored the need to improve care for women veterans, citing their military contributions and the complexity of issues women may return with from battle.

"Over time, changes in warfighting doctrine dictate changes about where women serve within the battle space and the kinds of missions they are handed," he said. "These doctrinal changes will continue to have an impact on women. So, it becomes [VA's] responsibility to anticipate those changes and prepare for women veterans who will have shaped and lived those changes."

The community of women veterans is growing, Shinseki said. Women represent almost eight percent of the veteran population, he said, as well as six percent of veterans who use VA health care services. VA officials expect that number to double within 10 years, Secretary Shinseki said.

"We marvel at the courage of women soldiers," he said. "[Women], like their male counterparts, have long dealt with the after-effects of battle."

The secretary explained that VA experienced a 20 percent spike in women using the department's health care system in 2009. In the previous six years, Shinseki said, VA saw a 17-percent increase.

"We are VA, [and] our goal is 100 percent accessibility to veterans who need us," he said. "We must anticipate and address the challenge faced by women."

Shinseki said VA's benefits administration's regional offices now have women veterans' coordinators to provide assistance. Also, each of the 144 VA medical centers has full-time women veterans' program managers, he said.

Also, he noted, VA is streamlining the process for both men

and women veterans to receive treatment and benefits for post-traumatic stress.

Shinseki also pointed to research initiatives the VA is undertaking to improve overall care for women. He noted that VA published more articles on the impacts of women serving in the military from 2004 to 2008 than in the previous 26 years combined.

The topics of such research and related conferences include impacts of trauma and combat exposure among women, women veterans' preferences and health care needs, gender differences in health care for deployed women and women veterans and post-deployment care focused on trauma, mental health and reintegration, he noted.

Women veterans now are more visible in VA publications, marketing materials, posters and messages, Shinseki added.

"We need your insights and your energy to help prepare the way for where we need to be 25 years from now," he told the group. "This forum should establish a critical agenda for an annual dialogue on women, not only to update us, ... but more importantly to provide us the necessary vectors for women's programs in the years ahead."



Official U.S. Navy Photograph, National Archives collection

At a Naval Air Station in the Hawaiian islands, circa 1945, Specialist 2nd Class Mary E. Johnson uses a microphone to speak to an incoming plane, as Specialist 2nd Class Lois Stoneburg operates a signal lamp.

Woodson pledges to advance military medical system

By Donna Miles

American Forces Press Service

President Barack Obama's nominee as assistant secretary of defense for health affairs told Congress he'll strive to improve the medical system that serves military members and their families while putting special emphasis on care for wounded warriors.

Dr. Jonathan Woodson pledged during his confirmation hearing before the Senate Armed Services Committee to draw on his vast experience as a military medical officer and leader, health care administrator, teacher, researcher and physician to tackle the challenges confronting the military health system.

If confirmed as Defense Secretary Robert M. Gates' top medical advisor, Woodson said he will work collaboratively with other Defense Department components, federal agencies and civilian organizations while striving to advance military health, its mission and its benefits to its beneficiaries.

An Army Reserve brigadier general with more than 20 years of service, Woodson said he looks forward to the opportunity to enhance medical readiness and provide the level of care for the military community.

"I have always been personally



Woodson

inspired by the commitment and dedication of those Soldiers, Sailors, Airmen, Marines and Coast Guardsmen," he told the Senate panel.

With deployments to Saudi Arabia, Kosovo and the U.S. Central Command area of operations under his belt, Woodson said he will give particular emphasis to improving care for wounded troops.

"The highlight of my career as a surgeon has been caring for the wounded warrior on the battlefield," he said. "These talented young men and women who have been asked to shoulder the responsibilities of defending this nation and have suffered the consequences of nearly a decade of war deserve the best medical care, both at home and abroad."

Woodson said he will work with Congress and other agencies to find the most effective strategies for preventing suicide and preventing and treating post-traumatic stress disorder and traumatic brain injuries.

He said he also looks forward to

working with Veteran Affairs Secretary Eric K. Shinseki to streamline the medical evaluation board disability evaluation system and provide smoother transitions when troops transfer from the Defense Department to VA systems.

Woodson paid tribute to the medical professionals "at the heart and soul" of the military health system.

"These true professionals have soldiered alongside their combat-arms colleagues and acted as force multipliers," he said. "They deserve not only accolades, but real assistance in helping them perform their jobs better and more efficiently."

Toward that end, Woodson said, he'll push the introduction of electronic health records that enhance providers' ability to deliver quality care.

Woodson currently serves as associate dean for diversity and multicultural affairs and associate professor of surgery at the Boston University School of Medicine and senior attending vascular surgeon at the Boston Medical Center.

In his military capacity, he serves as assistant surgeon general for reserve affairs, force structure and mobilization in the office of the surgeon general, and as deputy commander of the Army Reserve Medical Command.



Photo by Mass Communication Specialist 1st Class Ryan G. Wilber

Gearing up...

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 74 perform push-ups in full gear during a battalion Readiness Exercise held on Naval Construction Battalion Center, Gulfport, Miss.

Last chance for stop loss pay

Spread the word that Congress has approved payment to servicemembers who were involuntarily kept on active duty beyond their original discharge date following Sept. 11, 2001. This is commonly known as "stop-loss." Lawmakers approved back pay of \$500 for each month of involuntary service; the average lump-sum due is between \$3,500 and \$3,800. To get the cash, the deadline for applications is October 21st. Only about a third of those eligible have handed in paperwork. Department of Defense reports approximately 55,000 applications have been submitted of 186,000 eligible. Eligible personnel should visit http://www.defense.gov/home/features/2010/0710_stoploss/, complete and submit DOD Form 2944.

New system reduces hassle of getting ID cards

Courtesy Navy Pay and Personnel Support Center

Under a new initiative customers can schedule an individual appointment and circumvent the waiting line.

Walk-in customers at ID card facilities can experience wait times of two hours or more during periods of peak demand. Under this new initiative, civil servants and contractors are now filling customer service roles previously handled by active-duty personnel at Personnel Support Detachments (PSD) and Customer Service Detachment (CSD) Defense Enrollment Eligibility Reporting System (DEERS) and Real-Time Automated Personnel Identification System (RAPIDS) sites throughout the United States, Hawaii and Guam. An emphasis on prompt service and customer satisfaction is the focus of this new initiative.

The vast majority of patrons who arrive at a scheduled appointment with proper documentation are in and out in less than 20 minutes.

"With a little bit of planning you can save a lot of time," said Chuck Sexton, assistant program manager for this initiative with Commander, Navy Installations Command. "DEERS and RAPIDS customers with scheduled appoint-

ments normally are seen within minutes of their allotted time. And, making an appointment is fast and easy via the online appointment scheduler located at: <http://appointments.cac.navy.mil>."

Having all the necessary documents is key to a successful visit to the ID card office. At a minimum, a valid state- or federal-government-issued picture ID is required and additional documents are often necessary to fulfill certain requests. A listing of required documents can be found on the appointment scheduler website or by calling the local office for clarification. Local office phone numbers are listed on the scheduler website.

Customer service hours are between 7:30 a.m. to 4 p.m. except the Navy Exchanges in Norfolk, Va., and Oak Harbor, Wash., which are open from 9 a.m. to 5:30 p.m. and Patuxent River, Md., Pass & ID with operations between 6:30 a.m. to 3 p.m. Weekend hours vary by location.

For further information such as locating the nearest ID card facility and additional details relating to benefits and eligibility, such as FAQs, go to: <http://www.npc.navy.mil/CommandSupport/PayPersSupport/IDCards/>.

NEED AN ID CARD?



PICTURE THIS...

- SCHEDULE AN APPOINTMENT ONLINE—
[HTTP://APPOINTMENTS.CAC.NAVY.MIL](http://appointments.cac.navy.mil)
- VISIT A LOCAL PSD/CSD DEERS/RAPIDS OFFICE WITH THE PROPER DOCUMENTATION
- GET YOUR ID CARD IN USUALLY
LESS THAN 20 MINUTES!



At PSD/CSD DEERS/RAPIDS sites throughout the United States, Hawaii and Guam, the new ICAT21 initiative features an emphasis on prompt service and customer satisfaction. To get in and out (and on with your day), visit <http://appointments.cac.navy.mil> to schedule your appointment. On the scheduler website, you can check out any required documents you'll need to bring with you. Local office hours and phone numbers are also listed.

NEVER WAIT IN LINE FOR AN ID CARD AGAIN...MAKE YOUR APPOINTMENT TODAY!

<http://appointments.cac.navy.mil>

Annuitants receive full SBP and DIC benefits

Courtesy Defense Finance and Accounting Service

Are you a Survivor Benefit Plan (SBP) annuitant who receives Dependency and Indemnity Compensation (DIC) from the Department of Veterans Affairs and who remarried after age 57? If so, a U.S. Court of Appeals decision may benefit you.

On Aug. 26, 2009, the court upheld a decision in the matter of Sharp, et.al. v. the United States. According to the ruling, the Defense Finance and Accounting Service (DFAS) is no longer required to deduct DIC payments from monthly SBP annuities, if a person is entitled to both benefits and has remarried after age 57. The Sharp decision became final on Oct. 19, 2009.

Who is eligible?

SBP annuitants who are also entitled to DIC and who remarried after age 57, if current entitlement to DIC is the result of the remarriage after age 57.

Effective date

The effective date is the date of remarriage, but not earlier than Jan. 1, 2004. Annuitants who remarried after age 57 and before Jan. 1, 2004 may also be entitled, provided the annuitant applied to the VA to restore their DIC before Dec. 16, 2004 and were granted such entitlement.

Timeline

All SBP annuitants who are affected by the ruling are currently being identified.

DFAS is no longer deducting DIC payments from monthly annuities of customers who meet these criteria. These annuitants will receive their full monthly SBP entitlement in addition to the full monthly DIC. The first group of eligible annuitants had their SBP annuity increased for the Feb. 1 payment.

Annuitants who meet the eligibility criteria under the Sharp litigation will no longer receive the Special Survivor Indemnity Allowance (SSIA).

Retroactive payments

In addition to the increased monthly SBP entitlement, some annuitants may be entitled to an additional retroactive annuity payment depending on the date of remarriage. Retroactive payments will be computed after the increased annuity payments are implemented. To determine who is entitled to retroactive payments, we will have to review each account, which will take several months.

Collection of cost refund and SSIA payments

In order to determine whether an annuitant is entitled to a retroactive payment, DFAS must deduct any SBP premium cost refunds issued to an eligible annuitant, but not previously repaid. In addition, any special SSIA payments previously received will reduce the lump sum retroactive annuity payment. If the amount of the retroactive payment is less than the full amount of the cost refund and SSIA payments, the annuitant will be required to repay the balance of the previous cost refund.

DFAS is gathering information to determine which annuitants may be

due additional annuity payments. After a thorough review of the accounts, we will notify affected annuitants of the amount of any retroactive SBP annuity payments due or the amount of any prior SBP cost refund that must be repaid. The specific terms for repaying any cost refund debt will be provided at that time.

Federal tax implications

A lump sum retroactive payment is taxable when it is issued. Retroactive payments issued in 2010 are considered taxable income for 2010 and will be reported as such to the Internal Revenue Service.

Annuitants may elect not to have income tax withheld from any lump sum retroactive payment by submitting a completed Form W-4P to DFAS. The completed form must specifically state that it is being submitted to apply to any lump sum retroactive annuity payment they are owed because of the Sharp case. If we do not receive a W-4P indicating "no withholding," we will withhold 10 percent of the lump sum payment.



Photo by Lt. Patrick Evans

Final transit...

The Los Angeles-class attack submarine USS Philadelphia (SSN 690) transits the Thames River after departing Naval Submarine Base New London, Conn., for the final time before retirement from the U.S. Navy fleet. Philadelphia heads to Norfolk Naval Shipyard in Portsmouth, Va, where she will be dismantled, defueled and officially decommissioned.

Treasury Dept. changes savings bond program

Courtesy Defense Finance and Accounting Service

The Department of the Treasury has changed its policy concerning the issuance of paper savings bonds through payroll savings plans. After Sept. 30, the U.S. Treasury will no longer issue paper savings bonds to federal employees through payroll deduction. In anticipation of this change, DFAS discontinued bond allotments July 31.

However, you can still purchase savings bonds and other Treasury securities through a deduction from your retired pay by creating a TreasuryDirect account. TreasuryDirect is a secure and reliable on-line system that allows you to purchase Series EE and I savings bonds, Treasury bills, notes, bonds and Treasury Inflation-Protected Securities (TIPS).

To continue your payroll deduction, you must open a TreasuryDirect account by visiting www.treasurydirect.gov. On the TreasuryDirect home page, click "TreasuryDirect" under the "Open an Account" menu on the right side of the page. After following the instructions, you will obtain a unique account number that you can use to review the Treasury securities available for purchase.

Once your account is created, inform DFAS to establish

your TreasuryDirect deduction. Be sure to indicate that you want to start a TreasuryDirect allotment, the monthly amount you would like to deduct from your retired pay, the month in which you would like to start your allotment and your Social Security Number. Please mail your request to:

DFAS U.S. Retired Military Pay

P.O. Box 7130

London, KY 40742-7130

You may also call the Retired and Annuitant Pay Contact Center at 1-800-321-1080.

There are several advantages to the TreasuryDirect deduction over the previous paper savings bond deduction plan, such as the ability to monitor your account activity on-line. If however you prefer not to use TreasuryDirect, paper bonds are available for purchase through participating financial institutions. Bonds that DFAS is currently holding for safekeeping for customers are already in an electronic format and will not be affected by this change.

The Treasury expects to save \$400 million in taxpayer money and cut the use of 12 million pounds of paper over the first five years the change is in effect.

DFAS now on Facebook

Courtesy Defense Finance and Accounting Service

The Defense Finance and Accounting Service (DFAS) has expanded its online presence with the launch of the agency's first foray into social networking.

Now available via Facebook, the agency is reaching out to its six million payroll customers, DoD vendors and other interested groups to improve public understanding of DFAS operations, create a better relationship with its customers and enhance its customer service.

According to DFAS officials involved in the creation of the agency's Facebook presence, not only will the site allow greater exposure to many of the questions and concerns customers have, but will provide another communication tool for the agency to listen to the issues facing its clients and provide answers in a timely and relevant fashion.

Plans call for multiple postings each week addressing such topics as military pay for active duty, reserve and National Guard members; military retired and annuitant pay; federal civilian employee pay; vendor and contractor pay; travel pay; as well as current pay-related issues.

DFAS customers, associated family members and other interested individuals are invited and encouraged to join the agency on Facebook at <http://www.facebook.com/#!/pages/Defense-Finance-and-Accounting-Service-DFAS/112249422145566?ref=ts>.

DFAS Briefs

Concurrent Retirement Disability Pay news

In June, Concurrent Retirement Disability Pay (CRDP) started being rounded down to the nearest dollar amount, rather than paid to the exact penny.

This change will be applied to all future payments including any future retroactive computations. Because the amounts are less than one dollar, the Defense Finance and Accounting Service (DFAS) will not recoup previous payments that were not rounded down.

The law requires that all amounts computed under Chapter 71 of Title 10, including CRDP, be rounded to the next lower multiple of \$1. However, a recent review showed that CRDP was being paid to the exact penny. This change is being made to adhere to the legal requirements for the entitlement.

Separation pay recoupment resumes

Voluntary Separation Incentive, Special Separation Benefit and other separation pay recoupment resumed August 2010. Members affected by this recoupment recently received notification letters detailing their repayment plans.

DFAS is required by law to recoup these payments and cannot waive them.

If you would like to accelerate your repayment plan, please call our Customer Contact Center at 1-800-321-1080.

Questions? Call Retired and Annuitant Pay Customer Service at 1-800-321-1080.



Photo by Mass Communication Specialist 2nd Class Christopher Menzie

Competitive weld...

Hull Technician 3rd Class Jesse Roberts, assigned to the guided-missile frigate USS Curtz (FFG 38), participates in a welding contest during Surface Line Week 2010. Surface Line Week, hosted by Commander, Naval Surface Force, U.S. Pacific Fleet, is a weeklong series of professional and athletic events designed to boost camaraderie and professionalism among sea and shore commands.

VA approves \$2.8M for Gulf War illness research

Courtesy Veterans Affairs

The Department of Veterans Affairs (VA) has approved \$2.8 million to fund three new research projects that focus on testing or developing new treatments for illnesses affecting veterans who served in the Gulf War 1990-1991. The research incorporates recommendations of the department's Gulf War Veterans' Illnesses Task Force.

"Reaching out to Gulf War veterans is essential to the transformation of VA," said Veterans Affairs chief of staff John R. Gingrich. "This research is a great opportunity to do something that will improve the care and services these veterans have earned."

About 697,000 men and women served in operations Desert Shield and Desert Storm from August 1990

to June 1991 during the Gulf War. In the years since they returned, nearly a quarter of these veterans have experienced chronic symptoms such as fatigue, weakness, gastrointestinal problems, cognitive dysfunction, sleep disturbances, persistent headaches, skin rashes, respiratory conditions

_____ See RESEARCH Page 13

VA reaches out to homeowners affected by Gulf oil crisis

Courtesy Veterans Affairs

Veterans in the Gulf States impacted by the recent oil spill may qualify for delayed mortgage payments if their mortgages are already guaranteed by the Department of Veterans Affairs (VA).

“We are strongly urging mortgage companies to extend every possible forbearance to veterans whose livelihoods have been affected by the oil spill crisis,” said Secretary of Veterans Affairs Eric K. Shinseki.

Shinseki noted that several mortgage companies have already announced plans to waive late payment charges and suspend negative reporting to credit bureaus on affected borrowers. VA is asking all mortgage companies to follow this example.

“Through no fault of their own, many of our veterans are out of work and are struggling to earn an income,” the Secretary said.

VA has information on its website, www.homeloans.va.gov, that provides basic guidance for veterans affected by a major disaster. Veterans in need of mortgage counseling may also contact their nearest VA regional loan center at 1-877-827-3702 for help and information, regardless of whether or not they have a VA home loan.



U.S. Navy Photo

U.S. Navy Supervisor of Salvage and Diving personnel operate a Vessel of Opportunity Skimming System (VOSS) May 16 aboard the Naval Sea Systems command-contracted offshore supply vessel Seacor Vanguard to mitigate damage from the Deepwater Horizon oil spill.

Contract strategy helps veterans' small businesses

Courtesy Veterans Affairs

To improve the Department of Veterans Affairs (VA) execution of information technology (IT) projects and to further advance top-priority programs for veterans, Secretary of Veterans Affairs Eric K. Shinseki announced a new contracting strategy to be known as Transformation Twenty-One Total Technology (T4) which is focused on giving veteran-owned small businesses more opportunities to support VA.

Speaking at the annual National Veterans Small Business Conference, Shinseki said, “T4 is a win-win-win strategy: veteran-owned businesses win by getting more contracting opportunities; VA wins by getting the contractor support it needs more quickly, with less risk, reduced costs, and in a more manageable form; and all veterans win by getting better services and support from a transformed VA.”

Shinseki said VA will soon launch a request for proposals for an up to five-year program of multiple awards to firms that will perform as prime contractors or subcontractors to meet the full range of VA's long-term technology needs. T4 will award up to 15 prime contracts, at least four of which are reserved for service-disabled veteran-owned small businesses and three for veteran-owned small businesses.

The acquisition strategy provides greater opportunity for veteran-owned small businesses to compete as prime contractors. Over the five years, VA anticipates the program may approach \$12 billion in support of IT programs. Large firms awarded prime contracts will have very aggressive subcontracting goals for both small and veteran-owned busi-

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QDR panel calls for more force structure change

By Donna Miles

American Forces Press Service

The Defense Department must plan to maintain recent additions to the ground forces for the foreseeable future and boost its long-range strike, maritime and cyber capability to confront global trends and threats, the Quadrennial Defense Review Independent Panel told Congress recently.

William Perry and Stephen Hadley, who co-chair the bipartisan panel, told the Senate Armed Services Committee the 2010 QDR needs to go a step further in providing a force-planning construct to shape the Defense Department for the next 10 to 20 years.

They also recommended that Defense Secretary Robert M. Gates establish a new commission on military personnel to reconsider long-standing practices that they called economically unsustainable.

Reporting on the panel's report, issued July 29, Perry -- who served as President Bill Clinton's defense secretary -- said the military likely will need to sustain recent end-strength increases in the Army and Marine Corps for the long term as it focuses on building force structure within the Air Force and Navy.

The Air Force has "about the right force structure," he said, but needs to augment its long-range strike capability. Perry also noted the need to boost the Navy, particularly to sustain free transit in the Western Pacific.

In addition, the Defense Department must be prepared to assist civil departments in the event of a cyber attack, Perry said, recommending that a portion of the National Guard should be dedicated to the homeland security mission.

These requirements come on top of a major recapitalization required of U.S. forces, part of it due to wear and tear on equipment used in Iraq and Afghanistan, he said.

Perry cited the success of the all-volunteer force, but said dramatic cost increases in recent years to support it can't be sustained long-term.

"We believe we must seriously address those costs, and that failure to do so would lead either to a reduction in force or a reduction in benefits or some way of compromised all-volunteer force -- none of which is desirable," he said.

Perry recommended that Gates establish a commission to evaluate the TRICARE military health plan and other benefits, expected service lengths, the "up-or-out" policy and other long-standing personnel practices. Among issues the commission should consider, he said, is emphasizing cash upfront instead of future benefits.

While acknowledging that these "are all big issues and all very politically sensitive," Perry said it's critical that they be addressed to face the future.

Hadley, President George W. Bush's national security advisor, reported the five gravest potential threats likely to arise over the next generation: radical Islamic extremism and the threat of terrorism; the rise of new global powers in Asia; the continued struggle for power in the Persian Gulf and greater Middle East; accelerating global competition for resources; and failed and failing states.

Hadley recommended structural and cultural changes within the government so non-military branches can assume a larger role in protecting national interests.

He also recommended that the president and Congress establish a national commission to build the civil force for the future and provide a blueprint so civilian departments and agencies are better postured to deploy overseas and work cooperatively with military forces in insecure security environments.



Photo by Mass Communication Specialist 3rd Class Bryan Blair

A landing craft utility (LCU) launches from the well deck of the amphibious transport dock ship USS Denver (LPD 9). Denver participated in the Tokyo Metropolitan Government (TMG) disaster drill Aug. 29. Quadrennial Defense Review Independent Panel co-chair William Perry noted the need to boost the Navy to sustain free transit in the Western Pacific.

Marking 20 years since Operation Desert Shield

By Jim Garamone

American Forces Press Service

When Iraqi forces began pouring over the border into neighboring Kuwait, most Americans would have had a hard time finding the country on a map.

Iraqi dictator Saddam Hussein ordered his troops to occupy Kuwait on Aug. 2, 1990 – calling the oil-rich nation Iraq’s “19th province.”

At the top of the Persian Gulf, Kuwait is a strategic country. It is a prominent member of the Organization of Petroleum Exporting Countries. It has one of the highest standards of living in the world. Controlling Kuwait meant that Iraq would significantly increase its share of the world’s oil reserves.

The world was shocked by the Iraqi move, and neighboring Saudi Arabia was alarmed. No one was sure whether Iraq would stop at the border with Saudi Arabia or move forces into some of the most productive oil fields in the world.

A total of 140,000 Iraqi soldiers, supported by 850 tanks, entered Kuwait on Aug. 2. While tensions with Iraq were high, Kuwait had not alerted its forces. Iraqi aircraft bombed Kuwait City and the air bases in the country. Kuwaiti army units launched attacks against the invading forces, but they were far outnumbered, and the ruling family barely was able to escape to Saudi Arabia before Iraqi forces ringed Kuwait City.

Kuwait turned to the United Nations, and the Security Council passed a resolution calling for Iraq to withdraw from Kuwait and asking member nations to work together toward that goal.

President George H.W. Bush ordered American air, sea and ground forces to Saudi Arabia, beginning Operation Desert Shield on Aug. 7, 1990. That day, the Air Force sent 48 F-15 fighters of the 1st Fighter Wing from Langley Air Force Base, Va., to Saudi Arabia, where they immediately began patrolling the Saudi-Kuwait-Iraq border



DoD photo

An OH-58D Kiowa helicopter departs from a communications site in the desert during Desert Shield.

areas. The Navy sent the USS Dwight D. Eisenhower and USS Independence carrier battle groups to the region. The Army and Marine Corps mobilized to send ground forces to Saudi Arabia, with the leading edge of the Army’s 82nd and 101st airborne divisions arriving Aug. 8.

Defense Secretary Dick Cheney and Chairman of the Joint Chiefs of Staff Army Gen. Colin L. Powell began a schedule of near-constant traveling to meet with counterparts around the world.

The troops landed in Saudi Arabia during the hottest time of the year. Anyone who can afford to tries to leave Saudi Arabia in August; the temperatures regularly rise to more than 130 degrees, and the prevailing winds from the Persian Gulf bring humidity. The media were full of pictures of American servicemembers slamming down bottles of water as sweat stained their “chocolate chip” desert camouflage uniforms.

In the United States, Desert Shield necessitated the first major call-up of reserve component forces since the war

in Korea. Under an order Bush signed on Aug. 22, National Guard and other reserve-component forces reported for duty.

The coalition commander they reported to was Army Gen. H. Norman Schwarzkopf. The media called him “Stormin’ Norman.” A West Point graduate who had served in Vietnam, Schwarzkopf had been the commander of U.S. Central Command since 1988.

At the time, the Iraqi army was the fourth-largest in the world. American planners stressed the force was battle tested and had a large percentage of combat veterans from the Iran-Iraq War in its ranks. That war – the first launched by Saddam Hussein – lasted from 1980 to 1988, and Iraq held its own against a country three times larger.

At the beginning of August, there was little that would halt any Iraqi offensive into Saudi Arabia. By the middle of the month, air, sea and ground assets had grown. By the end of August, Desert Shield had grown to be able to defeat any attack into Saudi Arabia.

Now the question was: What next?

and mood changes. The symptoms are known collectively as “Gulf War veterans’ illnesses.”

A recent report by the Institute of Medicine’s Committee on Gulf War and Health, “Health Effects of Serving in the Gulf War,” noted that chronic multi-symptom illnesses affect an estimated 250,000 Gulf War veterans. Given the findings, VA is embarking on a national Gulf War veterans’ illness research program to identify and adopt the most effective treatments for veterans.

“Last February, we welcomed Secretary Shinseki’s decision to take a serious look at the disability claims of Gulf War veterans,” said Clarence Hill, national commander of The American Legion. “Now that VA is following through with these important studies of Gulf War illness, which has plagued many of the 700,000 Gulf War veterans for nearly 20 years, The American Legion believes these studies should provide a shared foundation for those veterans who need to be cared for and compensated for their disabilities.”

The first \$700,000 will be available Oct. 1.

The studies are expected to take between two to five years to complete, and include:

- A five-year study to evaluate the impact of resistance exercise training (RET) in treating chronic musculoskeletal pain and associated symptoms in Gulf War veterans. The study will evaluate the influence of RET on total physical activity, pain sensitivity and regulation, and brain white-matter tracts. Dane B. Cook, Ph.D., of VA’s William S. Middleton Memorial Veterans Hospital, Madison, Wis., will conduct it.
- A four-year study on an animal model of Gulf War illnesses to assess the effectiveness of therapies to enhance mood and memory. The therapies are designed to increase generation of nerve cells in the hippocampus, improving cognitive function and reversing depressive and anxiety-like behaviors. One strategy will test treatment with anti-depressant medicine and a drug or dietary supplement having antioxidant and anti-inflammatory properties.

The second strategy will test use of either an antidepressant or an antioxidant/anti-inflammatory agent, combined with exercise. Ashok K. Shetty, Ph.D., of the Durham, N.C., VA Medical Center, will conduct it.

- A two-year pilot study that will include randomized, controlled, eight-week trials of an intervention known as “mindfulness-based stress reduction,” compared with usual care. Assessments of veterans will include symptom-based measures of pain, fatigue, and cognitive and physical function as well as objective measures of attention, concentration and memory. David J. Kearney, M.D., of the VA Puget Sound Health Care System, Seattle, Wash., will conduct it.

The IOM report noted that the illnesses seen in Gulf War veterans cannot be ascribed to any psychiatric disorder and likely result from genetic and environmental factors, although the data are not strong enough to draw conclusions about specific causes.

BUSINESS from Page 10

nesses. To ensure the subcontracting goals are met, VA will have the right to reserve set-asides for those businesses at the task-order level.

T4 will be managed and administered by VA’s Technology Acquisition Center in Eatontown, N.J.

Shinseki said transparency of transactions will be critical. Awards and results will be posted on the Web and the goals for small businesses will be monitored aggressively. He estimated that the T4 strategy will enable veteran-owned small businesses to receive \$800 million to \$1 billion in contracts. The strategy will also give industry greater insight into VA’s total IT needs, resulting in better solutions with less risk and lower costs.

Shinseki told conference attendees the new strategy is one more way VA strives to enhance opportunities for Veterans to participate in the nation’s economic recovery and VA’s business processes. He cited other examples:

VA exceeds the government’s goals for purchasing from

small businesses, veteran-owned and service-disabled Veteran businesses;

To improve chances for veterans’ small companies to do business with the government, VA has an “industry innovation competition,” underway with one of its goal to make it easier for veteran owners to enter the federal marketplace;

The department has started a mentoring program to encourage large contractors to help small businesses improve operations and to rely more on veteran-owned subcontractors.

Shinseki said VA is also cracking down on contractors who represent themselves fraudulently as veteran-owned small businesses. As the result of investigations by the VA Inspector General, an owner of a construction company was recently arrested for falsely claiming veteran status to win a \$5.7 million construction contract. VA moved quickly to suspend the individual and his company from future contracts. VA has established a committee to expedite suspensions and debarment from federal business.

Retiree checklist: What survivors should know

Shift Colors periodically provides a checklist for retirees and their surviving family members. This checklist is designed to provide retirees and their loved ones with some help in preparing for the future.

- ❑ Create a military file that includes a copy of retirement orders, separation papers, DD Form 214, medical records, and any other pertinent military paperwork. Make sure your spouse knows the location and telephone number of the nearest military installation.

- ❑ Create a military retired pay file that includes the following contact information for the Defense Finance and Accounting Service (DFAS) and Navy Personnel Command:

Defense Finance and Accounting Service
U S Military Retirement Pay
Post Office Box 7130
London, KY 40742-7130
(800) 321-1080 or (216) 522-5955/(800) 269-5170 (for issues regarding deceased members)
Navy Personnel Command
(N135C)

Retired Activities Branch
5720 Integrity Drive
Millington, TN 38055-6220

(This file should also include the number of any pending VA claim as well as the address of the local VA office; a list of deductions currently being made from retired pay or VA benefits. Also include the name, relationship and address of the person you have designated to any unpaid retired pay at the time of death. This designation is located on the back of your Retiree Account Statement)

- ❑ Create an annuities file. This file should information about the Survivor Benefit Plan (SBP), Reserve Component Survivor Benefit Plan (RCSBP) or the Retired Serviceman's Family Protection Plan (RSFPP), or any applicable Civil Service annuity, etc. Additional information regarding SBP, RCSBP and RSFPP annuity claims can be obtained from DFAS office at (800) 321-1080.

- ❑ Create a personal document file that has copies of marriage certificates, divorce decrees, adoptions and naturalization papers.

- ❑ Create an income tax file. Include copies of both of your state and federal income tax returns.

- ❑ Create a property tax file. Include copies of tax bills, deeds and any other related documents/information.

- ❑ Create an insurance policy file. Include life, property, accident, liability and hospitalization policies.

- ❑ In a secure location, maintain a list of all bank accounts (joint or individual). Include the location of all deposit box-

es, savings bonds, stocks, bonds and any securities owned.

- ❑ In a secure location, maintain a list of all charge accounts and credit cards. Include account numbers and mailing addresses.

- ❑ Maintain a list of all associations and organizations of which you are a member. Some of them could be helpful to your spouse.

- ❑ Maintain a list of all friends and business associates who may be helpful. Include name, address and telephone number.

- ❑ Discuss your plans/desires with respect to the type and location of your funeral service. You should decide about cremation, which cemetery, ground burial, etc. If your spouse knows your desires, it will resolve some of the questions that might arise at a later date.

- ❑ Visit a local funeral home and pre-arrange your services. Many states will allow you to pre-pay for services.

- ❑ 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 the Mortuary Affairs Division at (866) 787-0081.

- ❑ Once your decisions have been made and you're comfortable with them, have a will drawn up outlining all your wishes and store it in a secure location with your other paperwork.

- ❑ When all the decision-making and documenting is completed, sit back and continue to enjoy life.

Who should be notified in the event of my death?

1. Defense Finance and Accounting Service (800) 321-1080 or (216) 522-5955
2. Social Security Administration (for death benefits) - (800) 772-1213
3. Department of Veterans Affairs (if applicable) - (800) 827-1000
4. Office of Personnel and Management (if applicable) - (724) 794-8690
5. Any fraternal group that you have membership with such as MOOA, FRA, NCOA, VFW, AL, TREA
6. Any previous employer that provides pension or benefits.

The above information is not all-inclusive and should be used with other estate planning tools to lessen trauma to your loved ones.

Reunions

Check the Shift Colors Web page (<http://www.npc.navy.mil/ReferenceLibrary/Publications/ShiftColors/>) for a full listing of Reunions

REUNION 2010	DATE	PHONE NUMBER	E-mail/Web address
Navy Mail Service Veteran's Association	Sept. 15-19	(812) 446-3762 (812) 605-0433	mafmath@juno.com
USS BAINBRIDGE (DLG (N)/CG (N) 25)	Sept. 15-19	(206) 855-4159	dave_marlenelafave@hotmail.com
USS CURTIS (AV 4)	Sept. 15-18	(956) 423-3314	bruceusscurtissav4@rgv.rr.com
USS EATON (DD 510)	Sept. 15-19	(631) 220-9750	catsupman@optonline.net
USS EVERETT F. LARSON (DD/DDR 830)	Sept. 15-19	(541) 459-2470	fnm4335@q.com uss-everett-f-larson.com
USS IWO JIMA Class Association - USS IWO JIMA (LPH 2/LHD 7), USS OKINAWA (LPH 3), USS GUADALCANAL (LPH 7), USS GUAM (LPH 9), USS TRIPOLI (LPH 11), and USS NEW ORLEANS (LPH 11)	Sept. 15-19	(757) 732-0317	yujack@megalink.net
USS STODDARD (DD 566)	Sept. 15-18	(732) 269-5416	keystonewillie@verizon.net
USS TAKELMA (ATF 113)	Sept. 15-19	(651) 455-1876	richard_rosemary@msn.com
USS THOMAS JEFFERSON (SSBN 718)	Sept. 15-19	(863) 853-4825	dHUDSON003@tampabay.rr.com
USS WILHOITE (DE/DER 397)	Sept. 15-18	(479) 968-6659	canerday@suddenlink.net
USS ENOREE (AO/TAO 69)	Sept. 16-20	(714) 534-3025	
USS JOHN PAUL JONES (DD 230/932, DDG 32/53)	Sept. 16-20	(781) 871-0363	ussjohnpauljones.org/index.htm treasurer@ussjohnpauljones.org
USS ROBINSON (DD 562)	Sept. 16-29	(281) 474-0558	ajbowne@yahoo.com www.ussrobinson.org
VB 109, VPB 109	Sept. 16-18	(814) 866-6683	
USS RANKIN (AKA/LKA 103)	Sept. 17-20	(412) 367-1376	ussrankin@aol.com
USS BADOENG STRAIGHT (CVE 116)	Sept. 19-22	(210) 658-3447	hctrotter@yahoo.com
USS CAVALIER (APA 37)	Sept. 19-23	(775) 751-0213	www.microburmbi.net/
USS FAIRVIEW (E-PCE(R) 850)	Sept. 19-21	(800) 377-6834	fjones@maine.rr.com
USS WASP (CV/CVA/CVS 18)	Sept. 19-24	(716) 649-9053	www.cv18.com
USS PLYMOUTH ROCK (LSD 29)	Sept. 20-23	(870) 236-3725 (847) 336-2151	tazhondave@yahoo.com htajma@att.net
USS SALISBURY SOUND (AV 13)	Sept. 20-23	(505) 293-3841	brubru@comcast.net
USS TOWERS (DDG 9)	Sept. 21-26	(415) 566-7285	usstowersddg9@pacbell.net
USS CALVERT (APA 32), USS HARRY LEE (APA 10)	Sept. 22-25	(507) 789-6344	
USS FULTON (AS 11)	Sept. 22-26	(401) 846-6536	rhnkhs@verizon.net ussfulton.org
USS GALVESTON (CLG 3)	Sept. 22-26	(866) 398-2655	galveston@comcast.net
USS RANGER (CVA/CV 610)	Sept. 22-25	(281) 414-5981 (203) 453-4279	jbclassics@stealthwave.net uss.ranger@yahoo.com
USS SPROSTON (DD/DDE 577)	Sept. 22-26	(626) 351-0362	jmarlatt@earthlink.net www.sproston.com
USS WALKER (DD 416, DD 723)	Sept. 22-28	(920) 788-4916	rwilliamson@new.rr.com
USS DUXBURY BAY (AVP 38), USS GREENWICH BAY (AVP 41), USS VALCOUR (AVP 55)	Sept. 23-26		jmbnbp@bellsouth.net
USS ORCA (AVP 49)	Sept. 23-25	(510) 223-4420	stanellexson@aol.com
USS SALEM (CA 139)	Sept. 23-26	(352) 326-5377	bedaniels53@aol.com
USS SYLVANIA (AKA 44, AFS 2)	Sept. 24-26	(616) 897-5178 (517) 927-3312	
USS CONSTELLATION (CVA/CV 64)	Sept. 26 - Oct. 3	(210) 590-9190 (210) 355-2099	jackkilcrease@yahoo.com www.usconstellation.org
USS JOHN R PIERCE (DD 753)	Sept. 26-30	(337) 537-7533	cthomp9785@hughes.net
USS SIMON LAKE (AS 33)	Sept. 26-30	(505) 831-3849	suckowwayne@me.com http://tinyurl.com/y8dzlan
USS SEA CAT (SS 399)	Sept. 27 - Oct. 1	(515) 981-3006	ednmeg@mchsi.com
USS ELOKOMIN (AO 55)	Sept. 28 - Oct. 1	(617) 288-3755	theloman@verizon.net
USNR Midshipmen's School, New York (Columbia University and Prairie State)	Sept. 29 - Oct. 3	(405) 570-6421 (216) 831-1011	ynnek7301@gmail.com jellyneck@aol.com
USS CORRY (DD/DDR 817)	Sept. 29 - Oct. 3	(330) 544-3301	jimbo817@sbcglobal.net

REUNION 2010	DATE	PHONE NUMBER	E-mail/Web address
USS EVERGLADES (AD 24), USS CURRITUCK (AV 7), Torpedoman's Association	Sept. 29 - Oct. 3	(415) 467-6284	ad24history@att.net www.usseverglades.org www.uscurrituck.org
USS HOLLISTER (DD 788)	Sept. 29 - Oct. 3	(518) 842-7126	gunder788@nycap.rr.com www.usshollister.org
USS LEYTE (CV 32)	Sept. 29 - Oct. 3	(732) 727-5993	leyte11956@aol.com
USS SPIEGEL GROVE	Sept. 29 - Oct. 3	(813) 672-0733 (715) 787-4559	LSD32@frontiernet.net www.kevinflatley.com
Naval Training Center Bainbridge	Sept. 30 - Oct. 3	(540) 345-5826	kali8824z@aol.com www.usntcb.org
USS CASCADE (AD 16)	Sept. 30 - Oct. 4	(302) 945-2719 (319) 653-3904 (314) 954-7801	
USS LYMAN K SWENSON (DD 729)	Sept. 30 - Oct. 4	(510) 796-0789	presspa@sbcglobal.net www.DD729.com
USS NAUTILUS (SSN 571, SS 168)	Sept. 30 - Oct. 3	(865) 428-0099	rick@tree-castle.com www.snipurl.com/ssn571
USS PRARIE (AD 15)	Sept. 30 - Oct. 3	(315) 676-3280	mary.pelton@yahoo.com
USS SOLACE (AH 5)	Sept. 30 - Oct. 1	(806) 799-2748	
USS TURNER JOY (DD 951)	Sept. 30 - Oct. 2	(763) 757-3475	chiefyoyoabbott@aol.com
MCB 4	Oct. 104	(402) 499-5289	kjaeg@aol.com
USS AGERHOLM (DD 826)	Oct. 6-9	(518) 373-8363	auto-hr@msn.com
USS KRETCHMER (DE/DER 329)	Oct. 6-10	(904) 655-6850 (937) 436-1245	
USS WINDHAM BAY (CVE 92)	Oct. 6-10	(707) 374-4393	windhambay@aol.com
USS CHILTON (APA 38)	Oct. 7-10	(215) 330-1802	jdubois42@msn.com
USS REEVES (DLS 24/SG 24)	Oct. 7-10	(703) 780-2269 (410) 692-9777	michaelrobertson@cox.net aloha592@yahoo.com www.usreeves.net
USS ROBERT L WILSON (DD 847)	Oct. 7-11	(919) 967-3364	rmason2@bellsouth.net www.community-2.webtv.net/dd847
USS SIGOURNEY (DD 643)	Oct. 7-10	(615) 824-0496	tjzee@comcast.net
USS CHEMUNG (AO 30)	Oct. 10-14	(313) 928-3109	chemung2010@live.com
USS HOLDER (DD/DDE 819, DE 401)	Oct. 10-13	(831) 458-9062	www.ussholder.com
Navy Net Tender/Layer/Depots	Oct. 11-14	(276) 930-4571 (208) 362-2659	ljones42000@yahoo.com espinson@spro.net www.nettenderreunion.com
Navy Tradevman Reunion	Oct. 11-14	(352) 561-4281 (858) 254-8157	president@tradevmanassociation.org petehoyt@comcast.net
USS ALDEBARAN (AF 10)	Oct. 11-13	(772) 224-8822	edward@pepling.com
USS CLINTON (APA 144)	Oct. 11-15	(409) 945-6148 (409) 739-1341	deape@aol.com
USS MOUNTRAIL (APA 213)	Oct. 11-14	(973) 696-3725	dicoio44@aol.com
USS MAHAN (DD 364, DLG 11, DDG 42, DDG 72)	Oct. 12-17	(302) 698-0991	www.ussmahan.org tcws22@comcast.net
Marine Air Groups (WWII - Present)	Oct. 13-16	(417) 535-4945 (636) 327-5854	james.m.jordan@hughes.net mbobsue13@aol.com
USS CANBERRA (CA 70, CAG 2) All hands 1943-1970	Oct. 13-17	(740) 423-8976	crewsservices@usscanberra.com www.usscanberra.com
USS MEREDITH (DD 165, DD 434, DD726, DD890)	Oct. 13-17	(740) 774-3894	dk62@roadrunner.com
USS PIEDMONT (AD 17)	Oct. 13-17	(785) 272-2604	bmk1930@sbcglobal.net rwgeraghty@verizon.net
USS WALTON (DE 361)	Oct. 13-16	(573) 291-1922	marjer67@ktis.net
Destroyer Leader Assoc. (DL 1, DL 2/DDG 35, DL 3/DDG 36, DL 4, DL 5)	Oct. 14-17	(540) 345-5826	destroyerleader1@cox.net www.destroyerleaderassociation.org
USS DAVIS (DD 937)	Oct. 14-17	(860) 747-8761	ptlii37@aol.com
USS JOHN S MCCAIN (DL 3/DDG 36)	Oct. 14-17	(503) 698-6558	curthanson.sag@verizon.net www.destroyerleaderassociation.org
USS MITSCHER (DL 2/DDG 35)	Oct. 14-17		www.destroyerleaderassociation.org mitscherdl2@cablespeed.com
Association of Minemen	Oct. 15-17	(757) 887-3219	jloonam33@peoplespc.com curtischristian@hotmail.com

USS HUSE (DE 145)	Oct. 17-20	(561) 368-7167	dbp14@hotmail.com dbp145@gmail.com
USS HULL (DD 945/DD 350)	Oct. 19-22	(818) 701-0882	2010reunion@usshullassociation.org
USS HORNET (CV 8/CV 12/CVA 12/CVS 12)	Oct. 20-24	(814) 224-5063	hornetcva@aol.com www.usshornetassn.com
USS COLUMBIA (CL 56)	Oct. 20-23	(610) 543-9073	usncl56@cs.com
USS SAM HOUSTON (SSBN/SSN 609)	Oct. 20-23	(302) 764-1197	howardvaldobson@verizon.net
VP Officers West Coast Reunion	Oct. 22-24		www.vpreunion.com admin@vpreunion.com
USS GRAND CANYON (AD/AR 28)	Oct. 22-26	(317) 881-8866	roberttdun4217@sbcglobal.net
USS BASILONE (DDE/DD 824)	Oct. 23-27	(941) 769-3175	perkins_614@hotmail.com
USS HENRY W TUCKER (DD/DDR 875)	Oct. 26-31	(540) 483-5727	jwsilerbtc@earthlink.net www.hwtucker2000.com
WWII USN Scouting Squadrons Association	Oct. 26-29	(912) 925-4066	dcanthony@comcast.net
USS Grant County (LST 1174)	Oct. 29 & 30	(989) 202-2257	
USS JONAS INGRAM (DD 938)	October	(973) 627-7491	pete.ventola@att.net
VAP 61, VAP 62, VJ 61, VJ 62	Nov. 3-7	(757) 721-3077	templej2@cox.net
USS ORLECK (DD 886)	Nov. 6-9	(318) 742-9847	cburkusrn@suddenlink.net
USS CABOT (CVL 28)	Nov. 1-5	(484) 494-5533 (610) 323-8182	msaraceni@comcast.net uscabot/195354@aol.com
USS TALLADEGA (APA 208)	Nov. 1-5	(760) 747-0796	sljosdal@cox.net www.usstalladega.com
Old Antarctic Explorers Assoc.	Nov. 3-5	(956) 568-3737	OAEA2010Reunion@hotmail.com
USS POLLACK (SSN 603)	Nov. 8-11	(559) 877-2873	smittyss@sti.net j2bubba2@earthlink.net
USS SEA POACHER (SS 406)	Nov. 8-11	(514) 788-4441	seapoacher@austin.rr.com
USS NASSAU (CVE 16), VC 66, USS NEHENTA BAY (CVE 74), and other related	Nov. 12-16	(585) 567-8839	
REUNION 2011	DATE	PHONE NUMBER	E-mail/Web address
HSL 94	March 19	(609) 865-2529	tdunn90@comcast.net
NAS Chase Field	April 1-3	(562) 338-5088	mwebb@naschasefield.com www.naschasefield.com
USS MORTON (DD 948)	May 11-15	(541) 471-2777	kiefmorton66@aol.com
VX/VXE 6	May 19-22	(614) 906-6289	jhollern@wowway.com
USS JASON (ARH 1/AR 8)	June 6-10	(417) 649-6140 (417) 439-3592	sssl@att.net
Navy Facility Barbados - All Personnel 1957-1979	June 2-8	(802) 893-6187	rmn570@gmail.com http://www.facebook.com/?ref=home#!/group.php?gid=310630185646&ref=ts
USS FOX (DLG/CG 33)	June 16-19	(843) 569-0981	habibphil@comcast.net www.ussfox.org
VP 60	July 29-31	(407) 774-7506	limasierra60@gmail.com

Seminars, Retired Activity Days

California

Sept. 18
9 a.m.-Lunch
NAS Lemoore
POC: (559) 998-2977 or (559) 998-4042

Nov. 6
9 a.m. – 1 p.m.
San Diego
ROCK Academy (2277 Rosecrans Street 92106)
POC: (619) 993 1246

Florida

Oct. 16
9 a.m. - noon
NAS Pensacola
Bldg. 633
POC: (850) 452-5990 ext. 3111
E-mail: retired.activities.nasp@mchsi.com

Illinois

Oct. 30

Rock Island
POC: (563) 322-4823

Michigan

Sept. 18
Selfridge
POC: (586) 239-5580
E-mail: selfrao@greatlakes.net

Minnesota

Sept. 10
Twin Ports/Duluth
POC: (218) 722-0071
Sept. 25
Minneapolis / St. Paul
RAO Minneapolis, MN
Joint Retiree Appreciation Day (JRAD)
Mystic Lake, Hotel and Casino, Prior Lake, MN
Registration begins at 7:30 a.m.
Point of Contact: (612) 726-9391
E-mail: metrojrads@gmail.com

For more detailed information visit:

<http://metrojrads.blogspot.com/>

POC: (612) 727-2854

Virginia

Nov. 6
Norfolk Naval Base
POC: (757) 322-9113

Washington

Sept. 18
8 a.m. – 12:30 p.m.
NAS Whidbey Island
Nor' Wester
POC: (360) 257-6289

Wisconsin

Sept. 10
Fort McCoy
POC: (608) 388-3716
Bill.g.walters@us.army.mil

Retired Activities Office Phone Listing

Arizona

Phoenix, AZ (N&MCRESREDCEN)
(602) 353-3033
0830-1500 (Mon-Fri)

California

China Lake, CA (NAVAIRWPASTA)
(760) 939-0978
0900-1100 1300-1500 (Mon-Fri)
Lemoore, CA (NAS)
(559) 998-4042
0800-1630 (Mon-Fri)
Point Mugu, CA
(805) 982-1023
0800-1600 (Mon-Fri)
San Diego, CA (CORONADO - NAS)
(619) 437-2780
0900-1200 (Mon-Fri)
San Diego, CA (NAVSTA)
(619) 556-8987
0800-1600 (Mon-Fri)
Seal Beach, CA (NWS)
(562) 626-7152
0900-1500 (Mon-Fri)
Sunnyvale, CA (Onizuka Air
Station-formerly Moffett Field)
(650) 603-8047
0930-1530 (Mon-Fri)

Connecticut

Groton, CT (SUBASE)
(860) 694-3284
0900-1500 (Mon-Fri)

Delaware

Wilmington, DE (N&MCRESCEN)
(302) 998-5194
0800-1630 (Mon-Fri)

Florida

Jacksonville, FL (NAS)
(904) 542-2766 Ext 126
0900-1500 (Mon-Fri)
Mayport, FL (NAVSTA)
(904) 270-6600 Ext 122
0730-1600 (Mon-Fri)
Milton, FL (NAS WHITING FIELD)
(850) 623-7177
1000-1300 (Wed/Thu)
Orlando, FL (DFAS BLDG)
(407) 646-4204/4262
1000-1400 (Mon-Fri)
Pensacola, FL (NAS)
(850) 452-5990 Ext 3111
0900-1300 (Mon-Fri)

Georgia

Kings Bay, GA (SUBASE)
(912) 573-4512
0730-1630 (Mon/Tue/Wed/Fri)
0900-1630 (Thurs)

Hawaii

Pearl Harbor, HI (NAVSTA)
(808) 474-1999 Ext 6317
0800-1500 (Mon-Fri)

Illinois

Great Lakes, IL (NTC)
(847) 688-3603 Ext 118
0900-1500 (Mon-Fri)

Louisiana

New Orleans, LA (NAVSUPPACT)
(504) 678-2134
0900-1200 (Mon-Fri)

Massachusetts

Quincy, MA (NAVOPSUPPCTR)
(617) 753-4636/26
1200-1600 (Wed/Fri)

Maryland

Bethesda, MD (NNMC)
(301) 295-4120
0930-1530 (Mon-Fri)

Maine

Brunswick, ME (NAS)
(207) 921-2609
0900-1200 (Mon-Fri)

Michigan

Mt. Clemens, MI (SEL ANGB)
(586) 307-5580
0900-1500 (Tue-Fri)

Minnesota

Minneapolis, MN (NAVAIRRESCEN)
(612) 726-9391
1000-1430 (Tue/Thu)

Missouri

St. Louis, MO (NAVOPSUPPCEN)
(314) 263-6443
0930-1330 (Tue/Thurs)
1130-1330 Friday

New Hampshire

Portsmouth, NH
(207) 438-1868
1000-1400 (Tue-Thu)

New Jersey

Lakehurst, NJ (NAVAIRENGSTA)
(732) 323-5099
0900-1500 (Wed/Thu)

Nevada

Fallon, NV (NAS)
(775) 426-3333
0730-1600 (Mon-Fri)

New Mexico

Cannon AFB, NM
(578) 784-4679
0800-1600 (Mon/Wed/Fri)

New York

Amityville, NY (AFRESTRGCEN)
(631) 842-6620
0930-1500 (Tue/Thurs)
0930-1200 (Wed)
0930-1400 (Fri)

Oregon

White City, OR (VA SORCC)
(541) 353-2111
ext. 3886

Pennsylvania

Willow Grove, PA (NAS JRB)
(215) 443-6033
1-800-773-1569
1000-1500 (Mon-Fri)

Rhode Island

Newport, RI (NAVSTAMPT)
(401) 841-4089
0900-1200 (Mon-Fri)

S. Carolina

Charleston, SC (NAVWPNSTA)
(843) 764-7480
0800-1630 (Mon-Fri)
Greenville, SC (NAVOPSUPPCEN)
(864) 277-9775 opt 4
1-866-524-6585 Opt 4
0900-1100 1300-1500 (Mon-Fri)

Tennessee

Millington, TN (NAVSUPPACT)
(901) 874-5147
1000-1400 (Tues-Thurs)

Texas

Corpus Christi, TX (NAS)
(361) 961-3113/2372/3722
0800-1230 (Mon/Tue/Thurs/Fri)
1300-1500 (Wed)
Ft. Worth, TX (NAS JRB)
(817) 782-5287
0800-1600 (Mon-Fri)
Houston, TX (NAVOPSUPPCEN)
(713) 795-4109/4068
0900-1200 (Tue-Fri)
Kingsville, TX (NAS)
(361) 516-6105/6333
1300-1500 (Mon/Wed/Fri)
San Antonio, TX (NAVOPSUPPCEN)
(210) 225-2997 Ext 119
1000-1400 (Mon-Fri)

Virginia

Dahlgren, VA (NSWC)
(540) 653-1839/3291
1-800-500-4947
0800-1530 (Mon-Fri)
Hampton Roads Regional Office
Norfolk, VA (NAVSTA)
(757) 322-9105
1-800-372-5463
1000-1400 (Mon-Fri)
Little Creek, VA (NAB)
(757) 462-8663
1000-1400 (Mon-Fri)
Norfolk, VA (NAVSTA)
(757) 322-9113
1-800-372-5463
1000-1400 (Mon-Fri)

Washington

Bremerton, WA (NavSta Bremerton)
(360) 476-5116
1-866-572-4341
0900-1330 (Mon-Fri)
Everett, WA (NAVSTA)
(425) 304-3775
1-888-463-6697 opt5 then opt
2 ask for RAO
1000-1300 (Mon-Fri)
Whidbey, Island, WA (NAS)
(360) 257-8054/55
0900-1500 (Mon-Fri)

Wisconsin

Milwaukee, WI (NAVOPSUPPCEN)
(414) 744-9766
0900-1500 (Mon-Fri)

Overseas Locations

Guam

NAVACTS
(671) 339-7635/333-2056/7/8

Italy

La Maddalena, IT (NAVSUPPACT)
011-390-789-73-6161
DSN: (314) 623-8205
24HRS (Mon-Sun)
Naples, IT (NAVSUPPACT)
011-39-081-811-6550
DSN: (314) 629-6550
1000-1400 (Mon/Thurs/Fri)

Japan

Atsugi, JA (NAF)
Local: 0467-78-5015 Ext 264-4190
011-81-311-764-4190 (fm conus)
DSN: (315) 264-4190
0900-1200 (Tue/Fri)
Sasebo, JA (COMFLEACT)
011-81-611-752-3108 (fm conus)
DSN: (315) 252-3108
1300-1500 (Wed)
Yokosuka, JA (COMFLEACT)
Local: 046-816-9626
011-81-46-816-9626 (fm conus)
DSN: (315) 243-9626
0800-1630 (Mon-Wed/Fri)
0800-1500 (Thurs)

Spain

Rota (NAVSTA)
011-34-956-82-3232 (fm conus)
DSN: (314) 727-2850
1100-1700 (Mon/Wed/Fri)
1100-1500 (Tue/Thurs)

Thailand

JUSMAGTHAI
66-2-287-1036 / 1045 ext. 165
1000-1400 (Mon-Fri)

Updated Dec. 10, 2009

Ready Reference Contact Information

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

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

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

Burial at Sea Information: (866) 787-0081; www.npc.navy.mil

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) 269-5170; (For Reporting a Retiree's death, press 2)

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;

www.npc.navy.mil/commandsupport/PayPersSupport/IDcards

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.npc.navy.mil/CareerInfo/ReservePersonnelManagement/

Navy Casualty Assistance: (800) 368-3202

Navy Retired Activities Office: (866) U-ASK-NPC (866-827-5672);

MILLRetiredActivities@navy.mil;

www.npc.navy.mil/CommandSupport/RetiredActivities

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

Navy Worldwide Locator: (901) 874-3388;

www.npc.navy.mil/CommandSupport/NavyWorldWideLocator

Reserve Component SBP: (877) 807-8199

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

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

www.insurance.va.gov

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

Social Security Administration: (800) 772-1213; www.ssa.gov

TRICARE: www.tricare.mil

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

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

TRICARE West: (888) TRIWEST (874-9378); www.triwest.com:
AK, AZ, CA, CO, HI, ID, IA (except 82 zips near Rock Island),
KS, MO (except St. Louis area), MN, MT, ND, NE, NM, NV, OR,
DE, SW TX, UT, WA, WY

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

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

TRICARE mail order pharmacy: (866) 363-8667;

www.tricare.mil/pharmacy

TRICARE retail pharmacy: (866) 363-8779;

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) -OR-

PO Box 7327 (loans) -OR-

PO Box 7787 (payments)

Philadelphia PA 19101

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

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

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

Records:

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

Retired prior to 1995: www.vetreccs.archives.gov

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

Sister service retiree publications:

Air Force Afterburner: www.retirees.af.mil/afterburner

Army Echoes: www.armyg1.army.mil/rso/echoes.asp

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

Marine Corps Semper Fidelis: www.usmc.mil (hover over
"Marine Services," click on "Retired Services," then hover over
"Retired Activities" in the left menu and click on "Semper Fidelis
Newsletter")

Navy recreation: www.mwr.navy.mil/

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

ITT: http://www.mwr.navy.mil/mwrprgms/itt_military_special.htm

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

PO 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

PO Box 7131

London KY 40742-7131

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



Don't let your questions go unanswered. If you're not sure who to contact,

Call 1-866-U-ASK-NPC (1-866-827-5672)

Let the Navy Personnel Command Customer Service Center help you!

www.npc.navy.mil

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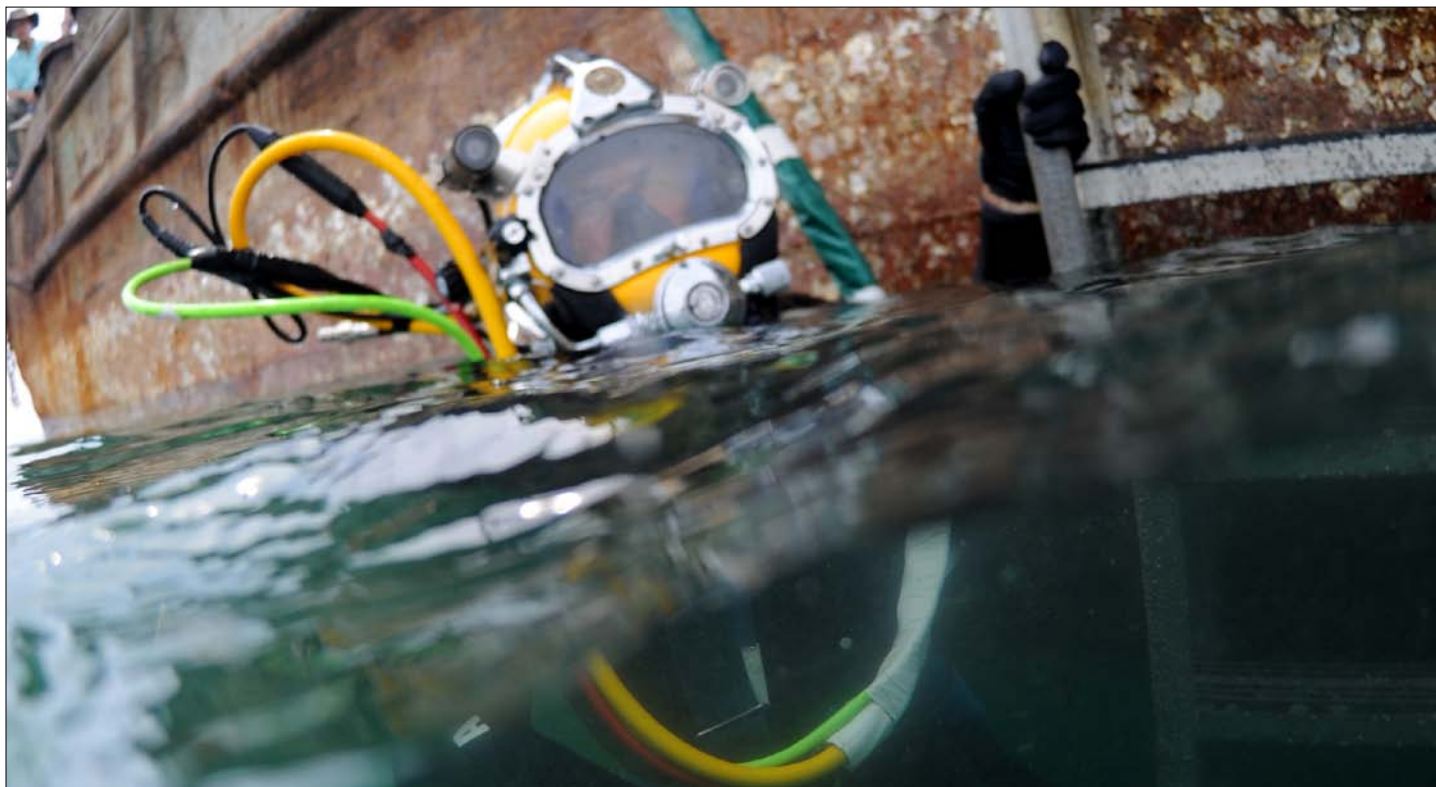


Photo by Mass Communication Specialist 1st Class Anderson Bomjardim

Brick Bradford, a retired Master Diver assigned to Joint POW/MIA Personnel Accounting Command (JPAC), prepares to participate in a dive during a JPAC recovery mission in Quynh Phuong, Vietnam. The mission of JPAC is to achieve the fullest possible accounting of all Americans missing as a result of the nation's past conflicts.