

## HOW TO UPDATE YOUR EMAIL ADDRESS THAT IS RECEIVING SAILOR FOR LIFE NOTIFICATIONS

Upon release of the publication, retirees and annuitants receive, via myPay, an announcement with the link to the online version. By keeping your myPay email address updated you don't miss new-issue notifications.

Retirees and annuitants can update their email address on myPay at <https://mypay.dfas.mil/mypay.aspx>. Once logged in, select the "Personal Setting" tab at the top and click on "Email Address." Review and edit the "Personal Email Address" block if needed, and follow the prompts from there.

## HOW TO PRINT A PAPER COPY OF THE PUBLICATION

To print a physical copy for yourself, follow these simple steps:

1. **Select and open the issue:** Click on the link for the issue you wish to print. Most web browsers will open the PDF directly in a new tab, even without a dedicated PDF viewer installed. If the file downloads to your computer instead, locate it in the folder where you saved it (which is often the "Downloads" folder or your Desktop) and open it.
2. **Locate the print command:** Once the document is displayed on your screen, you can print in one of these two ways:
  - Option 1 - Using the PDF viewer's toolbar:** Look for a printer icon in the toolbar that appears at the top of the document viewer. This is the most direct method.
  - Option 2 - Using the browser or system menu:** If you do not see a printer icon, you can use the standard keyboard shortcut (Ctrl+P on Windows or Cmd+P on a Mac) or go to your browser's main menu (three lines in the top corner) and select "Print."
3. **Confirm and print the document:** After selecting the print command, a dialog box will appear. Confirm your settings, such as the selected printer and number of copies, and click "Print." You now have a hard copy ready for reading and sharing.

## HOW TO SUBMIT YOUR COMMAND REUNION PHOTOS

We encourage you to share photos from your reunions. Your pictures showcase the camaraderie that unites our Navy community. For consideration, please follow these guidelines:

- **Email subject:** In the subject line of your email, include the name of the command reunion.
- **Photo quality:** Submit high-resolution photographs. For best results, send the largest file size available directly from your camera or phone.
- **Caption information:** Include the "who, what, where, and when" of your event. Be sure to identify the key people in the photo, briefly describe the activity taking place, note the location (city and state), and provide the date.
- **Here is a sample caption:** Shipmates from the USS Dwight D. Eisenhower (CVN 69) gathered for their annual command reunion dinner in Norfolk, Virginia, on February 3, 2026. The evening was a great opportunity for former crew members to reconnect and share sea stories. Pictured here are (left to right): Petty Officer First Class David Chen (Ret.), Master Chief Petty Officer (Ret.) Maria Flores, and Captain (Ret.) John Davis, enjoying the opening remarks. **(Photo courtesy of RAO, Norfolk)**