

SAILORFORLIFE

Veterans. Retirees. Families.

Issue #3
2025 FALL/WINTER

NAVY'S BIRTHDAY

250 Years of Defending Freedom, Protecting Prosperity

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MENTAL HEALTH BENEFITS

Connecting Veterans and Their Families to VA Services

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SAILOR FOR LIFE

Sailor for Life, the magazine for Navy veterans, retirees, and families (NAVPERS 15886), is published in accordance with Department of the Navy (DON) Publication and Printing Regulations.

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On the front cover: Naval District Washington commemorates the 83rd anniversary of the Battle of Midway with a wreath-laying ceremony at the Navy Memorial.
(U.S. Navy photo by MC1 George Bell)

Sailor for Life is a biannual digital-only magazine. Upon release of the publication, retirees and annuitants receive, by myPay, an announcement with the link to the online version.

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Readers can also download the current issue and access the "Sailor for Life Archive" at <https://www.mynavyhr.navy.mil/Media-Center/Publications/Sailor-for-Life/>.



Adm. Daryl Caudle, Commander, U.S. Fleet Forces Command (USFFC), speaks to a World War II, Korean War, and Vietnam War veteran prior to attending the Virginia Arts Festival for the celebration of the 250th anniversary years of the Navy on April 25, 2025. Adm. Caudle assumed the role of Chief of Naval Operations (CNO) on August 25, 2025. (U.S. Navy photo by MC2 Dustin Knight)

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FLEET IN PHOTOS



Arleigh Burke-class guided-missile destroyer USS Ralph Johnson (DDG 114) Command Master Chief Matthew Ross poses with the chief's mess on the fo'c'sle during the chief's mess's 132nd birthday celebration while pier side in Visakhapatnam, India. **(U.S. Navy photo by MC1 Hannah Fry)**



Lt. David Kang, a chaplain, preaches during a religious service aboard the Arleigh Burke-class guided-missile destroyer USS Preble (DDG 88). **(U.S. Navy photo by MC1 Ryre Arciaga)**



Damage Controlman 1st Class Markowen Etrata oversees a test of the aqueous film forming foam sprinkler system in the hangar bay of the USS Ronald Reagan (CVN 76). **(U.S. Navy photo by MCSN Kevin Steffanson)**



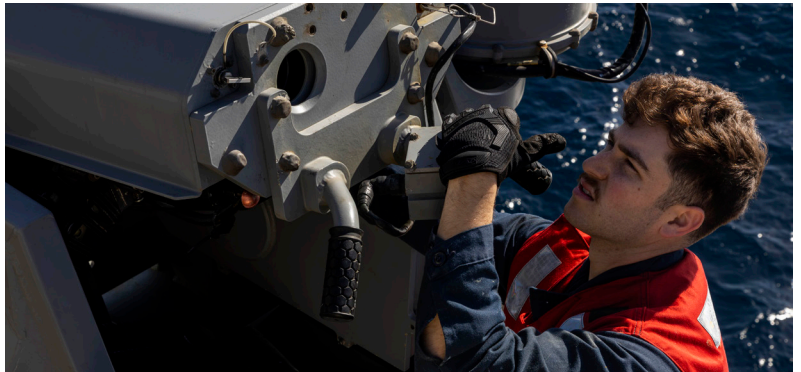
Lt. j.g. Sean Hurst, left, fires an M2H2B 50-caliber machine gun on the missile deck aboard the Arleigh Burke-class guided-missile destroyer USS Sterett (DDG 104) during a live fire gunnery exercise. **(U.S. Navy photo by MC3 Brianna Walker)**



Aviation Boatswain's Mate (Handling) Airman Jose Gomezcortes, assigned to the Nimitz-class aircraft carrier USS George H.W. Bush (CVN 77), cleans pad eyes with an air hose. **(U.S. Navy photo by MCSN Jayden Brown)**



USS Michael Murphy (DDG 112) arrives at Naval Surface Warfare Center, Port Hueneme Division (NSWC PHD) at sunrise. **(U.S. Navy photo by Dana Rene White)**



Aviation Ordnanceman Airman Kaleb Garcia conducts maintenance on a MK-38 machine gun aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72). **(U.S. Navy photo by MCSN Daniel Kimmelman)**



Sailors assigned to the USS Dewey (DDG 105) heave a line on the aft missile deck during an underway replenishment with the Military Sealift Command Lewis and Clark-class dry cargo ship USNS Richard E. Byrd (T-AKE 4) in the Philippine Sea. **(U.S. Navy photo by MC1 Greg Johnson)**

AMERICA'S WARFIGHTING NAVY: 250 YEARS OF DEFENDING FREEDOM, PROTECTING PROSPERITY

From U.S. Navy

Beginning in January 2025, the Navy celebrates its 250th birthday during a series of commemorations, including leadership outreach events, multilateral exercises, and community engagements of varying scope and duration.

These activities showcase the strength and importance of the Navy to national security and present opportunities to inspire a new generation of Americans to take up the call to serve, in and out of uniform, in the public and private sectors.

In 2026, the Navy will again commemorate its contribution to the Nation's defense as part of a whole-of-government 250 celebration planned by the U.S. Semiquincentennial Commission. The Navy will host port calls and community outreach engagements in major U.S. cities. The International Naval Review will culminate the events as a maritime highlight.

Celebrate with us and learn more about the Navy 250 schedule of events by visiting our [website](#).



USS Constitution goes underway in Boston Harbor. During normal operations, the Sailors stationed aboard Constitution offer public visitation to more than 600,000 people a year as they support the ship's mission of promoting the Navy's history and maritime heritage.

(U.S. Navy photo by ABH3 Austin Jean)

THE BIRTH OF THE US NAVY

From Naval History and Heritage Command

“Let Americans disdain to be the instruments of European greatness! Let the thirteen States, bound together in a strict and indissoluble Union, concur in erecting one great American system, superior to the control of all transatlantic force or influence, and able to dictate the terms of the connection between the old and the new world!”¹

So ended [Alexander Hamilton](#)’s essay (no. 11 of The Federalist Papers, 1787) on the crucial role a navy would play in safeguarding America’s commerce and reputation. The essay also laid out all the hopes of the new nation: peace, prosperity, and respect from the mighty nations of Europe.

Yet the Navy’s creation and development proceeded piecemeal and haltingly in face of seemingly intractable political, ideological, and economic obstacles. It took a quarter century for the Navy to emerge as a stable institution, and although we now celebrate the birthday of the Navy on October 13, that date in 1775 is just one of several important steps on the way to a permanent naval defense force.

1775: The birth of the Navy

The origins of the Navy predate independence by almost a year. On August 26, 1775, the assembly of the colony of Rhode Island sent its delegates to the Continental Congress in Philadelphia to request that “a fleet of sufficient force for the protection of these colonies” be established.² Although the Congress had already urged individual colonies to mount their naval defenses, the Rhode Island Assembly understood that securing American ports and waters would be a bigger job than any one colony could handle.

¹ Alexander Hamilton, “The Federalist Papers, No. 11: The Utility of the Union in Respect to Commercial Relations and a Navy,” Avalon Project, Yale Law School, accessed February 12, 2019, http://avalon.law.yale.edu/18th_century/fed11.asp, accessed February 11, 2019.

Philadelphia agreed on October 13, 1775, and created an advisory committee staffed by [John Langdon](#) of New Hampshire, Silas Deane of Connecticut, and John Adams of Massachusetts. In addition to protecting American trade from British blockade and predation, the committee also made recommendations for intercepting British ships laden with supplies for the king’s forces in North America. Within hours, the Congress approved the committee’s recommendation that Massachusetts supply General George Washington, then stationed in Massachusetts, with an armed schooner and a sloop for the purpose of seizing British supplies. At the same time, Connecticut and Rhode Island would arm merchant vessels to patrol the near North Atlantic for British transports. These small forays found immediate success.

On the heels of these successes, the Continental Congress committed itself to naval expansion in three key ways. First, the Congress authorized the purchase of four more ships of war. Second, it enlarged the Naval Committee to seven men. And third, it extended the committee’s brief to building up a naval force south of New England waters, all the way to Georgia, “for the protection and defense of the United Colonies.”³

² Raymond G. O’Connor, *Origins of the American Navy: Sea Power in the Colonies and the New Nations* (New York: University Press of America, 1993), 15.

³ Quoted in Hagan, *People’s Navy*, 4.



Continental Ship Alfred (1775-1778), oil painting by W. Nowland Van Powell, depicting Lieutenant John Paul Jones raising the Grand Union flag as Alfred was placed in commission at Philadelphia, Pennsylvania, December 3, 1775. (Artwork courtesy of the U.S. Navy Art Collection, Washington, D.C. Donation of the Memphis Council, U.S. Navy League, 1776. U.S. Naval History and Heritage Command)

As plans materialized, the Congress received some bad news from London — news that would push the delegates to commit even further to the establishment of an American navy. On November 9, 1775, word arrived that George III of Great Britain had refused the Olive Branch Petition, the Congress's last-ditch effort to preserve peace with the mother country, and that the king had declared the colonies to be in a state of open rebellion. The Continental Congress geared itself up for a protracted struggle on the seas.

In the ensuing weeks, the Congress passed a series of resolutions to purchase more ships; to allocate funds to the naval committee; to call up "American Marines," the country's first; to approve the set of rules and regulations, modeled on those of the Royal Navy and penned by John Adams, for this new "American Navy"; and to authorize the capture of all British vessels involved in the suppression of the colonies' revolt.

Taken between October 13, 1775, and the end of that year, these actions served to establish the first American navy.

When the American Revolution ended, the Navy passed into disuse and oblivion. The Articles of Confederation, which bound the former colonies into a loose arrangement of sovereign states, did not provide the central government with powers of taxation sufficient for the maintenance of anything as expensive as a national navy. Moreover, peace with Great Britain removed the force that had called the Continental Navy into existence in the first place: imminent danger to American commerce from British blockade and predation.

Nevertheless, dangers persisted. In 1785, Barbary pirates seized their first American vessels and tried to ransom twenty-two passengers and crew. Many Americans, Thomas Jefferson included, believed that the British were behind these misfortunes. At any rate, the states were helpless without naval power. "The Americans cannot protect themselves," an English politician quipped, for "they cannot pretend to a navy."⁴

⁴ John Baker Holroyd (1735–1821), First Earl of Sheffield, quoted in Hagan, *People's Navy*, 22.

1794: The Navy reestablished

Relations among the United States, Great Britain, and France ultimately caused Congress to reestablish a navy but only after the constitution had been ratified and the federal powers of taxation had increased.

In the course of the French Revolutionary wars (1792–1802), which spilled into the Atlantic world, Americans' neutrality on the seas became difficult to support, and American merchants in particular began to press Congress for a standing naval force that could defend against ships of war and privateers, often hired by France or Britain for the express purpose of depredating American merchant vessels.

As Britain and France began to wage economic war on each other, the British government blocked American ships from the French West Indies, a crucial source of sugar and other commodities for United States merchants. British war ships also harassed and attacked American merchant vessels as part of a wider effort to choke the economy of the French empire and diminish its war-making capabilities. On behalf of President Washington, Secretary of State Edmund Randolph implored Congress to do something about British violations of Americans' rights as neutrals to trade with those countries presently at war with each other.



Target of Opportunity, watercolor painting by Dwight C. Shepler, 1944. One of the actions of D-Day was the duel between the destroyer USS Emmons and the mobile 88mm German guns on the Normandy cliffs, France. While cruising near the beach, USS Emmons expended 250 rounds of five-inch shells as worked its way among the misses of the enemy guns, silencing the 88s with counter-battery fire. As this rapid action ended, USS Doyle fired in assistance. (Artwork courtesy of the U.S. Navy Photograph. Collections of the Naval History and Heritage Command)

Yet Congress still waffled on the issue of a navy. Where the president, his supporters, and most Federalists saw a navy as essential to prosperity at home and prestige abroad, the president's detractors and most anti-Federalists had serious reservations. Americans against the establishment of a navy were worried about the enormous debts it would rack up, the federal overreach it would portend, and the devastating retaliation it might provoke from Britain.

Events in the Mediterranean ultimately forced the issue in early 1794. Barbary pirates, having signed a truce with Portugal and been paid off by the British, began to attack American ships in full force and not just in the Mediterranean. On January 2, 1794, Congress resolved to create "a naval force, adequate to the protection of the United States against the Algerine corsairs."⁵ A committee formed and recommended that a fleet of six frigates be constructed. The committee, as well as the fifty congressmen who voted for the subsequent Act to provide a Naval Armament, which re-established the U.S. Navy, mostly represented maritime trading cities of the north and east, where the first calls for a naval force had originated back in 1775.

To spread the economic favors that the construction of a navy would bring, Congress had no two frigates built in the same yard. Portsmouth, New Hampshire, got [Congress](#); Boston, [Constitution](#); New York City, [President](#); Philadelphia, [United States](#); Baltimore, [Constellation](#); and Gosport (now Norfolk), [Chesapeake](#). The oak came from as far away as Georgia.

On June 5, 1794, the reestablished Navy got its first officers, all naval veterans of the American Revolution: John Barry, Samuel Nicholson, Silas Talbot, Joshua Barney, Richard Dale, and Thomas Truxton. Also a veteran of the Revolution, Henry Knox, President Washington's Secretary of War, assumed responsibility for the new Navy and did more than anyone else to ensure its survival. When in late 1794 the Washington administration managed to come to terms with Britain and the Barbary pirates, the need for a navy had evaporated before the fleet even materialized. Congress had approved the construction of the Navy for one purpose only – to counter the Barbary threat.

Nevertheless, Knox proceeded with construction, and he did so to higher standards – and at greater expense – than Congress had authorized. In his own words, Knox was trying for nothing less than a fleet of frigates, "superior to any of the European powers."

Knox's energies and the efforts of his successors could only take the project so far. The immediate danger to American maritime trade having subsided, Congress hesitated to authorize the continuation of construction. Looming conflict, this time with France, would speed their decision.

1798: The Department of the Navy

Although the Navy originated in 1794 amid worries about the British and the Mediterranean, it was concern over France and the Caribbean that made the Navy a permanent institution.

Caught up in the geopolitics of the French Revolutionary wars, the United States found itself after 1794 on the wrong side of France, now a republic. Diplomatic relations between the United States and France, the colonists' crucial ally in the American Revolution, had so deteriorated by 1797 that French leaders refused even to receive the American minister to Paris. For the better part of a year already, French warships and privateers had been attacking merchant vessels in the West Indies.



First Recognition of the American Flag by a Foreign Government, oil painting by Edward Moran, 1898. It depicts the Continental Navy Ship Ranger, commanded by Captain John Paul Jones, receiving the salute of the French fleet at Quiberon Bay, France, February 14, 1778. (Artwork courtesy of the U.S. Navy Photograph. Collections of the National Archives)

⁵ Crawford and Hughes, *Reestablishment of the Navy*, 7.



Ships of the New Navy, oil painting by Frank Muller, 1900 C. It represents five ships: the white hulled, steel ships which replaced the then-obsolete sailing ships. At the center is the battleship Illinois, a member of the "Great White Fleet" that cruised around the world to demonstrate naval power between 1907 and 1909. (Artwork courtesy of the U.S. Navy Photograph. Collections of the Naval History and Heritage Command)

When John Adams assumed the presidency on March 4, 1797, the Navy now had its staunchest defender yet. The Navy was fast becoming the centerpiece of Adams's foreign policy, which sought stability in the West Indies, and an end to French predation on American commercial shipping. With the French threat in the West Indies growing, Congress allowed Adams to employ the Navy's three completed frigates and authorized a several-fold expansion of the fleet. Work soon resumed on the other half of the original six frigates – the Congress, Chesapeake, and President, each of symbolic importance as the first ships commissioned by the United States Navy.

Yet the Navy still lacked an adequate bureaucracy to oversee its expansion and operations. Members of congress were already complaining in March 1798 about cost overruns and mismanagement by the Department of War, which, for its part, did not have the resources to oversee the naval buildup now underway,

according to Secretary of War James McHenry. Congress's solution was an act establishing a new Department of the Navy with the power to make contracts, disburse funds, and manage the fleet. President Adams signed the act into law on August 30, 1798, just as chances for peace collapsed under the strain of the "XYZ" affair, the diplomatic incident that sent the United States into undeclared naval war with France. For this conflict, Congress authorized the purchase of more vessels to defend American interests against the French in the West Indies. By the end of May, the United States Navy, with the crucial support of its brand-new government Department, was engaged in battle in the Quasi-War (1798–1801), the first large-scale naval engagement in United States history.

At the end of Adams's presidency in 1801, the Navy now boasted fifty vessels, a count it maintained down to the Civil War.

250 YEARS OF THE US NAVY THROUGH ART

From Naval History and Heritage Command

In the early days of the American Revolution, it was apparent that a Navy was needed to defend the safety, security, and interests of the citizens. On October 13, 1775, in Philadelphia, Pennsylvania, the Continental Congress authorized the outfitting of two warships with ordnance and supplies as well as the recruiting of Sailors for service. Almost 200 years later, that day became the official birthday of the U.S. Navy.

Since the early days of the American Revolution, the United States Navy has supported the Nation's

mission and continuously defended its principles. Through conflicts close to home throughout the War of 1812, or far away during the War on Terror, the protection of ideas came with the high cost of lives. With continuous innovation the Navy propelled forward and expanded its operational capabilities, from colonial sailing ships to technologically advanced aircraft carriers and submarines. Duty to the nation that was once limited has grown to include everyone in all aspects of service.

Through the thirty artworks presented in the exhibition (visit the virtual collection [here](#)), this enduring story is explored through images of conflict, modernization, and humanity. In the 250 years since its establishment, the U.S. Navy remains ready and relevant in an ever-transforming world.



We Stand by You, oil painting by Douglas Rowe, 2020. After the terrorist attack on September 11, 2001, USS Winston S. Churchill, an Arleigh Burke-class destroyer, was recalled from a port call in Portsmouth, England. Also recalled while enjoying a port call was the German destroyer Lutjens. Churchill and Lutjens steamed out of ports around the same time. Lutjens contacted the Churchill wanting to pass closely to port to wish the Americans well on their voyage home. Both crews rendered honors with salutes and hand waves when a banner unfurled on Lutjens that read "We Stand by You." (Artwork courtesy of the U.S. Navy Photograph. Collections of the Naval History and Heritage Command)

PLAN AHEAD FOR YOUR SURVIVORS

From Thrift Savings Plan

How do “death” and “benefits” go together?

No one wants to think about death, but taking a few minutes to give the TSP some information about how you would like things handled can simplify actions for your family in the future. It can also give you some peace of mind now.

Yours to keep, yours to give

We are often asked, “What happens to my TSP account if I don’t live to retirement? Does the TSP keep it?” The answer is no. Instead, we follow your instructions on how you would like the balance of your TSP account to be distributed. It doesn’t take long to set that up. You can do it by calling the ThriftLine or logging in to “My Account.” The action you’re taking is called “designating beneficiaries.”

You can designate up to twenty beneficiaries to receive a percentage of your account. That includes a person, a foundation, a charity, your estate, a trust, or a corporation. Your designation needs to be signed by a witness who is not a beneficiary to be valid.

Your TSP can become your legacy to the people or causes that are important to you. It’s a way to leave a mark in your world and make a difference in someone else’s.

What if I don’t designate any beneficiaries?

If you don’t designate beneficiaries, your money will be distributed to the person or people closest to you in the [statutory order of precedence](#), starting with your spouse, if you have one.

Change of life? Check your beneficiaries

You can check your beneficiaries in your annual statement, but it’s also a good idea to log in to “My Account” and evaluate your beneficiary designations whenever you experience a major life change, such as divorce, remarriage, or death of a family member. The beneficiary designations you make in your “My Account” are the ones we must follow, even if a will, prenuptial agreement, separation agreement, property settlement agreement, or court order says something different. This is why it’s important to keep your beneficiary designations up to date.

Plan ahead and make things easier for your survivors

One of the most difficult things about death is the sheer number of tasks the survivors must do while grieving a major loss. You can make it easier for your loved ones by planning ahead.

Learn more about [forms related to beneficiary participants and death benefits](#).

USID EXPIRATION CLARITY FOR RETIREES

Legacy Teslin Uniformed Service Identification Cards (USID) for retirees are not going away. The Department of Defense has not yet determined a deadline for officially replacing the old cards with the new “NextGen” USIDs. Retirees may replace their current paper-based cards at their convenience, and should expect the DOD to announce a deadline.

Call MyNavy Career Center at 833-330-6622 or email at AskMNCC@Navy.Mil 24/7, with any questions about ID card services.

VETERANS SUPPORT: MENTAL HEALTH

From U.S. Department of Veterans Affairs

VA offers a network of support for all veterans and their families. You don't have to be enrolled in VA benefits or health care.

Self-check assessment

People cope with stressful situations in different ways. If you feel like you might be heading toward a crisis, VA or community-based services could help. Take a confidential, anonymous [risk assessment](#) to see if stress and depression might be affecting you.

Learn about resources and support

VA has a variety of mental health resources and treatment options — all accessible to veterans and the general public. You can visit the [get help](#) page to explore VA resources that address the unique stressors and experiences that veterans may face.



Cmdr. Marvin Mitchell, director of psychological health at Navy Medicine Readiness and Training Command (NMRTC) Camp Pendleton, provides training on a behavioral health care pilot program that allows Sailors to access free telehealth therapy at Naval Base Ventura County (NBVC).
(U.S. Navy photo by MA1 Jon Cason)

Explore by topic

VA provides support for a variety of mental health conditions and other challenges. Each of these pages includes resources, information on treatment options, and more.

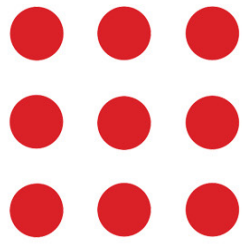
- [Anxiety](#)
- [Bipolar](#)
- [Depression](#)
- [Effects of TBI](#)
- [Military sexual trauma](#)
- [PTSD](#)
- [Schizophrenia](#)
- [Substance use](#)
- [Suicide prevention](#)
- [Tobacco](#)

Treatment

VA connects you with clinical resources and peer support so you can confront and manage any mental health challenge. To get information on treatment at VA, visit the [learn about treatment](#) page.

Quick resources

- [Find a VA facility near you](#)
- [Learn about VA treatment](#)
- [Learn about VA benefits](#)



Veterans Crisis Line

DIAL 988 then PRESS 1

VETERANS CRISIS LINE

From U.S. Department of Veterans Affairs

As a veteran, you might experience difficult life events or challenges after leaving the military. VA has resources to address the unique stressors that veterans and their families may face — and we are just a click, call, text, or chat away.

CONUS resources

The Veterans Crisis Line connects veterans and service members in crisis with qualified VA responders through a confidential toll-free hotline, online chat, or text.

- Dial 988 and press 1, 24/7.
- Chat [online](#).
- Send a text message to 838255.

Overseas support

- Indo-Pacific Command: +1 844-702-5493.
- European Command: +1 844-702-5495.
- Central Command: +1 855-422-7719.
- Africa Command: +1 888-482-6054.
- Southern Command: +1 866-989-9599.

Some international calls may incur a charge, depending upon the caller's location and network provider. To avoid a cost — service members and families overseas should contact the Veterans Crisis Line via the online chat or DSN 988. If you prefer to talk on the phone — request it in the chat and the responder can call you at no cost.

War Vet Call Center

Call 1-877-927-8387, 24/7 to reach the [Vet Call Center](#) and talk about your military experience or other concerns during your transition from military to civilian life.

Privacy and security

When you contact the Veterans Crisis Line, you decide how much information to share. If you would like support from a local VA suicide prevention coordinator, the responder may ask for your name and some personal information to help set up a meeting.

If you are in imminent danger or at risk of harming others, the responder will coordinate a dispatch of emergency services with local officials.

Information you provide to the Veterans Crisis Line will not be shared unless you give a responder permission to share it or indicate you would like to receive care after the call, chat, or text session.



VETERANS TRANSPORTATION PROGRAM (VTP)

From U.S. Department of Veterans Affairs

VA's Veterans Transportation Program (VTP) offers veterans many travel solutions to and from their VA health care facilities. This program provides these services at little or no costs to eligible veterans through the following programs:

- Beneficiary Travel (BT)
- Veterans Transportation Service (VTS)
- Highly Rural Transportation Grants (HRTG)

Beneficiary Travel

The Beneficiary Travel (BT) program reimburses eligible veterans for costs incurred while traveling to and from VA health care facilities. The BT program may also provide pre-approved transportation solutions and arrange special mode transportation (SMT) at the request of VA. Veterans may be eligible for common carrier transportation (bus, taxi, airline, or train) under certain conditions. Check if you qualify for the [Beneficiary Travel](#) program.

Payment of Beneficiary Travel

VHA Financial Policy Volume VIII Chapter 2 Bene Travel, Department of Treasury Fiscal Service 31 CFR Part 208 requires beneficiary travel reimbursements paid to the veteran must be done through Electronic Funds Transfer (EFT). The Financial Service Center (FSC) has created a web based application that veterans can use to electronically update, change, or add their EFT. Veterans will need to first register with [ID.me](#) website to take advantage of the new digital VA Form 10091. ID.me is a simple and secure identity verification system. Once registered with ID.me, veterans can access the digital form through VA's CEP at [www.cep.fsc.va.gov/](#). The PDF or paper version of VA Form 10091 will still be available at [www.va.gov/find-forms/about-form-10091/](#) and veterans will be able to download and turn it into a local VAMC.

Veterans Transportation Service

The Veterans Transportation Service (VTS) provides safe and reliable transportation to veterans who require assistance traveling to and from VA health care facilities and authorized non-VA health care appointments. VTS collaborates with service providers in local communities to serve veterans' transportation needs. Partners include:

- Veteran Service Organizations (VSOs)
- Local and national non-profit groups
- Federal, state, and local transportation services

Find a [VTS location](#) near you.

Highly Rural Transportation Grants

Highly Rural Transportation Grants (HRTG) provides grants to Veteran Service Organizations (VSOs) and State Veteran Service Agencies. The grantees provide transportation services to veterans seeking VA and non-VA approved care in highly rural areas. These grants are available in counties that have fewer than seven people per square mile.

Learn more about the [HRTG program and VA's grants program](#).



VETERANS' MORTGAGE LIFE INSURANCE (VMLI)

From U.S. Department of Veterans Affairs

Veterans' Mortgage Life Insurance (VMLI) offers mortgage protection insurance to the families of veterans with severe service-connected disabilities who have adapted a home to fit their needs. Find out if you qualify and how to manage your coverage.

Who's covered?

- Service members
- Veterans

Am I eligible for VMLI?

You may be eligible for VMLI if you meet all of these requirements:

- You have a severe disability that we have concluded was caused — or made worse — by your service, and
- You received a [Specially Adapted Housing \(SAH\)](#) grant to buy, build, or make changes (like installing ramps or widening doorways) to a home so you can live more independently, and
- You have the title of the home, and
- You have a mortgage on the home, and
- You are under 70 years old

What kind of life insurance benefits can I get?

Up to \$200,000 in mortgage life insurance — paid directly to the bank or other lender that holds your mortgage.

Important details about VMLI:

- The money will be paid to the bank or other lender that holds your mortgage — not to a life insurance beneficiary (a person chosen to receive the money from a policy when the insured dies).
- The amount of coverage will equal the amount you still owe on your mortgage, but will not be more than \$200,000.
- VMLI is a decreasing-term insurance. This means your coverage amount goes down as your mortgage balance goes down. If you pay off your mortgage, your VMLI coverage will end.
- VMLI has no loan or cash value — it doesn't pay dividends (cash payments made to policy holders when the company makes a profit).

How do I get these benefits?

First, you will need to apply for an SAH grant. If you get the SAH grant, your loan guaranty agent will tell you if you qualify for VMLI. If you already have an SAH grant, ask your agent about VMLI.

Your agent will help you fill out a Veterans' Mortgage Life Insurance Statement. Download the VA [Form 29-8636](#).

You must apply for VMLI before your 70th birthday.

How much will I pay for these benefits?

Your VMLI premium will be based on all of these factors:

- Your age, and
- The current balance of your mortgage loan, and
- How many more mortgage payments you need to make to pay off your mortgage, and
- The amount of VMLI coverage you need

Use our VMLI Premium Calculator to figure out what your premium may be. Go to the [VMLI Premium Calculator](#).

What happens if I move, refinance, or make other changes to my mortgage?

The home covered by VMLI must be your primary residence (where you live most of the time).

To keep your VMLI coverage, you will need to communicate any of these changes:

- Move, or
- Transfer your mortgage from one lender to another, or
- Liquidate your mortgage (such as giving up the home through foreclosure or bankruptcy liquidation because you can't pay the mortgage), or
- Refinance your home (take out a new mortgage loan under different terms), or
- Sell your property

Send notice of any variations to:

Department of Veterans Affairs
Regional Office and Insurance Center
PO Box 7208 (VMLI)
Philadelphia, PA 19101

What to know if you refinance your home

If you refinance your home after getting VMLI, your premium may increase if any of these are true for you:

- You're older, or
- You have a higher mortgage loan, or
- You have a longer mortgage loan term than you did before you refinanced your home, or
- You have more VMLI coverage

Before you refinance, use the [VMLI Premium Calculator](#) to check what your new premium will be.

MILITARY AND VETERAN FAMILIES: BENEFITS YOU HAVE EARNED

U.S. Department of Agriculture



Master Chief Machinist's Mate (Auxiliary) Mitchell Gatton, assigned to USS Alexandria (SSN 757), embraces his children as submarine returns to Naval Base Point Loma (NBPL) following a seven-month deployment to the U.S. Indo-Pacific Command area of responsibility. (U.S. Navy photo by MC1 Tiarra Brown)

Through USDA's nutrition programs, you may be eligible for assistance to ensure you and your family have nutritious meals in times of need.

- Supplemental Nutrition Assistance Program (SNAP):

SNAP helps families buy nutritious food with an electronic benefit transfer (EBT) card that is like a debit card. SNAP benefits can be used at stores across the country and at some farmer's markets. SNAP can help you eat right when money is tight. To be eligible, households must meet income tests. Combat pay, hostile fire pay, and imminent danger pay are not counted as income for SNAP. All other pay and allowances are counted as income.

- [To apply for SNAP benefits](#)
- [To find authorized SNAP retailers in your area](#)
- [To purchase foods on-line](#)

Contacting programs in your state

To get information about SNAP or to apply for benefits, contact your local SNAP office with the information in this [SNAP state directory of resources](#).

For all other FNS programs, you can find contact information through the [state contacts page](#).

Additional support for veterans

Visit the [USDA Veterans page](#) for more information.

- Special Supplemental Nutrition Program for Women, Infants, and Children (WIC):

WIC provides food to low income women, infants, and children up to age 5 who are at nutritional risk. Participants also get information about healthy eating and referrals to health care and other social services. WIC legislation and regulations provide state agencies the option to exclude certain housing payments and other allowances provided to military personnel in determining WIC eligibility. These include Basic Allowance for Housing, Family Separation Housing, Overseas Housing Allowances, and Overseas Continental U.S. Cost-of-Living Allowances.

- [How to apply](#)
- [Moving to another state](#)
- Food Distribution Program on Indian Reservations (FDPIR):

Veterans who live on Indian reservations or other approved areas may be eligible to participate in the FDPIR.

- [Contact your tribal organization or state agency](#)

HOW TO FILE A FRAUD COMPLAINT

From U.S. Department of Justice

The Department of Justice works to ensure that the rights of the brave men and women of our Nation's armed forces, and the veterans who have served in the past, are safeguarded from discrimination and unfair treatment.

The mission of the Servicemembers and Veterans Initiative is to strengthen and enhance the Department of Justice's efforts on behalf of servicemembers, veterans, and their families by coordinating and expanding our enforcement, outreach, and training.

Enforcement

The Department of Justice enforces several laws that protect the rights of servicemembers, veterans, and their families.

The Initiative is located with the Department's Civil Rights Division, which has expertise and jurisdiction over three statutes that specifically address servicemember and veteran rights:

- Servicemembers Civil Relief Act (SCRA)
- Uniformed Services Employment and Reemployment Act (USERRA)
- Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA)



The Civil Rights Division also serves veterans and the military community through our enforcement of more broadly applicable civil rights statutes that prohibit discrimination based on race, sex, disability, religion, and other protected classes.

The Initiative also coordinates closely with other sections of the Department, including the Civil Division and United States Attorneys Offices, regarding prosecution of fraud perpetrated against servicemembers and veterans.

Outreach and education

The Initiative conducts outreach and training for military populations and the people who serve them, such as veteran organizations, military training schools, military legal assistance offices, and law school clinics.

These trainings educate the military community – and those representing them – about their rights under federal law.

Policy

The Initiative monitors and identifies current legal issues affecting servicemembers and veterans and proposes legislative and policy action where appropriate.

How to file a complaint about fraud

VSAFE is a partnership between federal agencies where servicemembers, veterans, their families, survivors, and caregivers can get information on frauds and scams targeting the military community as well as report suspected fraud. You can report suspected fraud targeting the military community at [VSAFE](#).

How to file an SCRA complaint

If you believe your rights under the SCRA have been violated, please contact your [local military legal assistance office](#).

If you are not eligible for military legal assistance services and would like the Department to evaluate your claim, please [submit a complaint](#).

How to file a complaint under USERRA

Servicemembers who believe that they have been victims of an employment discrimination based on their military service may file a complaint with the DOL or file their own lawsuit in federal or state court. Find out more information about how to [file a USERRA complaint with the Department of Labor](#).

You should be aware that some courts have held that a lawsuit must be filed within a certain period of time after the alleged USERRA violation. Thus, it is important that you file a complaint with DOL or consult with a private attorney as soon as possible. Please note that you are not required to submit your USERRA claim to DOL or the Department of Justice. You have the right to file a USERRA lawsuit with your own private counsel or on your own.

You may also seek the assistance of the Employer Support of the Guard and Reserve (ESGR). ESGR is a Department of Defense agency that maintains an Ombudsman Service Program. This program provides information, counseling, and informal mediation of issues relating to USERRA compliance. You may contact the ESGR about your employment situation by calling toll-free +1 800-336-4590.

Who to contact about the right to vote

The FVAP administers many of the federal responsibilities under UOCAVA, and assists servicemembers, their families, and overseas voters to facilitate their participation in the voting process. If you need assistance in registering, or voting under UOCAVA, you can contact [FVAP](#). If you believe you have been denied any of the rights guaranteed by UOCAVA, you can contact the [Voting Section](#) of the Civil Rights Division, Department of Justice.

How to file a complaint about disability rights

Learn more on the [ada.gov](#) site.

How to report civil rights violation

You can report a violation using the [Department's Civil Rights Division reporting portal](#).

CYBERCRIMINALS TAMPERING WITH QR CODES TO STEAL VICTIM FUNDS

From Federal Bureau of Investigation

The FBI is raising awareness of malicious Quick Response (QR) codes. Cybercriminals are tampering with QR codes to redirect victims to malicious sites that steal login information.

Malicious QR codes may also contain embedded malware, allowing a criminal to gain access to the victim's mobile device and steal the location as well as personal and financial information. The cybercriminal can leverage the stolen financial information to withdraw funds from victim accounts.

Tips to protect yourself:

- Once you scan a QR code, check the URL to make sure it is the intended site and looks authentic.
- Practice caution when entering information from a site navigated to from a QR code.
- If scanning a physical QR code, ensure it has not been tampered with, such as with a sticker.
- Do not download an app from a QR code. Use your phone's app store for a safer download.
- If you receive an email stating a payment failed from a company you recently made a purchase with and the company states you can only complete the payment through a QR code, call the company to verify.
- Do not download a QR code scanner app. This increases your risk of downloading malware onto your device.
- Avoid making payments through a site navigated to from a QR code. Instead, manually enter a known and trusted URL to complete the payment.

If you believe you have been a victim of stolen funds from a tampered QR code, report the fraud to your local FBI field office at www.fbi.gov/contact-us/field-offices. The FBI also encourages victims to report fraudulent or suspicious activities to the FBI Internet Crime Complaint Center at www.ic3.gov.

GOING HOME: NASA RETIRES S-3B VIKING TO POW/MIA MUSEUM

From National Aeronautics and Space Administration



National POW-MIA Memorial and Museum Director Ed Turner (left) and NASA Glenn Flight Research Chief and Pilot JD Demers in front of NASA's S-3B Viking aircraft. **(Photo courtesy of NASA)**

After supporting the center's research missions for more than a decade, NASA's S-3B Viking aircraft is moving on from NASA's Glenn Research Center in Cleveland to begin a new and honorable assignment.

The aircraft is heading to the National POW/MIA Memorial and Museum in Jacksonville, Florida, where it will be on display, honoring all Prisoners of War (POW), those Missing in Action (MIA), and the families who seek the return of their loved ones. The museum gives visitors a place of solace to reflect, learn, and hear stories about America's POW and MIA servicemembers through exhibits and events.

"We are honored to be part of it," said JD Demers, Chief of Aircraft Operations at NASA Glenn. "Moving the S-3 is a win-win for everybody. The museum gets an aircraft in beautiful shape, and our S-3 gets to continue living a meaningful life."

Originally designed as an anti-submarine warfare aircraft, NASA's S-3B Viking will travel south to its new museum home, which is located at the former Naval Air Station Cecil Field where S-3B Vikings once flew.

It will be displayed with a plaque recognizing the fifty-four service members who perished during S-3 flight missions.

"It's really fortunate for us that this S-3 has such a well-kept, beautiful airframe that we can use as part of this plaza," said Ed Turner, Executive Director of the National POW/MIA Memorial and Museum. "Cecil Field was the East Coast home for the S-3B Vikings, so we are proud to have it for display here as one of Cecil's legacy aircraft."

Behind the scenes, this S-3 supported vital NASA flight research by donating parts to its sister plane, another S-3B Viking that was retired in 2021. Through the donation of its parts, the S-3 contributed to communications research in advanced air mobility and monitoring of algal bloom growth in Lake Erie.

"Having this aircraft added an extra ten years of life to its sister plane," Demers said. "Those ten years were vital for research. This plane allowed us to keep flying that aircraft after the Navy retired the S-3B Vikings in 2009. We wouldn't have been able to find parts."

The U.S. Navy flew S-3 Vikings primarily out of three locations: Naval Air Station North Island, Naval Air Station Cecil Field, and Naval Air Station Jacksonville. There were S-3B Vikings in all locations except Jacksonville, until now.

"There are three bases in three locations that used to fly S-3s, and now each area has an S-3 as part of its display," Demers said. "It belongs there. It's going back to its original home."



NASA Glenn Flight Research S-3B Viking now in San Diego, California. **(Photo courtesy of NASA)**

HOW TO REQUEST MILITARY AWARDS AND DECORATIONS

From The U.S. National Archives and Records Administration

For the veteran: In general, the military services will work replacement medal requests for the veteran at no cost. This includes family members with the signed authorization of the veteran.

For the next-of-kin: The process and cost for replacement medals requests differs among the service branches and is dependent upon who is requesting the medal, particularly if the request involves an archival record.

For the general public: If the service member separated from 62 or more years ago, the public may [purchase a copy of the veteran's Official Military Personnel File \(OMPF\)](#) to determine the awards due and obtain the medals from a commercial source. If the service member separated less than 62 years ago, the public may request information from the OMPF via the Freedom of Information Act ([access to OMPFs by the general public](#)).

Where to write for medals	National Personnel Record Center 1 Archives Drive St. Louis, MO 63138 or Request medals online
Where medals are mailed from	Navy Personnel Command PERS 312 5751 Honor Drive Building 769 Room 158 Millington, TN 38055
Where to write in case of a problem or an appeal	Department of the Navy Chief of Naval Operations (DNS-35) 2000 Navy Pentagon Washington, DC 20350

Important Information for the next-of-kin (NOK):

The NOK is defined as the un-remarried widow or widower, son, daughter, father, mother, brother or sister. If you do not meet the definition of NOK, you are considered a member of the [general public](#).

How the type of record (archival or non-archival) affects NOK requests for medals:

The Official Military Personnel File (OMPF) is used to verify awards to which a veteran may be entitled. OMPFs are accessioned into the National Archives, and become archival, 62 years after the service member's separation from the military. Separation from service is defined as discharge, retirement, or death in service based on a rolling date. Records with a discharge date 62 or more years ago are archival and are open to the public. Records with a discharge date less than 62 years ago are non-archival and are maintained under the Federal Records Center program. Non-archival records are subject to access restrictions. As such, the veteran's date of separation will affect how the request is processed.

If the veteran separated from military service 62 or more years ago	Requests are accepted at no cost. Write to: National Personnel Records Center 1 Archives Drive St. Louis, MO 63138 or Request medals online
If the veteran separated from military service less than 62 years ago	Requests are accepted at no cost. Write to: National Personnel Records Center 1 Archives Drive St. Louis, MO 63138 or Request medals online

How do I apply for a Cold War Recognition Certificate?

NPRC does not supply the Certificate itself. For more information concerning the application process, search for "Cold War Certificate Program - HRC Homepage" online.

FY2025

RETIREE SEMINAR/ APPRECIATION DAY EVENTS

NRC Minneapolis, MN

Sept. 27, 2025

7:30 a.m.

Treasure Island Resort and Casino, Welch

Email: metrojrads@gmail.com

Website: www.raominneapolis.com

SUBASE New London, CT

Oct. 18, 2025

8 a.m.

Dealy Center (Base Auditorium)

Email: derosepa@yahoo.com

JEB Little Creek, VA

Oct. 31, 2025

9 a.m.

Rockwell Hall

Phone: 757-462-8663

Joint Base Pearl Harbor-Hickam, HI

Nov. 1, 2025

7:30 a.m.

Military and Family Support Center

4827 Bougainville Dr.

Phone: 808-474-0032

NAVBASE San Diego, CA

Nov. 4, 2025

10 a.m. - 2:30 p.m. PST (Virtual)

Anchors Catering Conference Center

Phone: 619-556-7412

FY2026

RETIREE SEMINAR/ APPRECIATION DAY EVENTS

NAS Jacksonville, FL

March 21, 2026

8 a.m.

NAS Jacksonville Chaple

Phone: 904-542-7590

NOSC, Minneapolis, MN

Sept. 12, 2026

7:30 a.m.

Treasure Island Resort and Casino, Welch

Email: metrojrads@gmail.com

NAS Lemoore, CA

Sept. 19, 2026

8 a.m.

MWR Movie Theater

Bldg. 822, Hancock Circle

Phone: 559-998-4038

FY2025 SECNAV RETIREE COUNCIL

Leadership Committee

Co-Chair: Vice Adm. Jeff Trussler, USN

Co-Chair: SMMC Michael Barrett, USMC

Chief of Staff: IS1 Donald Goble Jr., USN

Recorder: YNC Eric Wenzel, USN

Compensation Committee

Chair: Capt. Harry Palm Jr., USN

Deputy: MACS Bert Levesque, USN

PSC Andres Fortolis, USN

Staff Sgt. Donald Robertson, USMC

Health Affairs Committee

Chair: Capt. Joseph Spruill, USN

Deputy: Capt. Leigh Wickes, USN

Capt. Dennis Bash, USN

Col. Paul O'Toole, USMC

Lt. Col. Marc Arnold, USMC

1st Sgt. Timothy La Sage, USMC

Master Sgt. Teresa Grandinetti, USMC

Overseas/Outreach/Resources Committee

Cmdr. Christopher Bowen, USN

YNCM Isiah Curtis, USN

NCCM Ronald Shroyer, USN

ISCM Tony McLemore, USN

Master Sgt. Charles Polleck, USMC

BUC Dennis Fledderjohn, USN



Sailors conduct a flag raising ceremony in honor of Carderock's Technical Director Lawrence Tarasek at Naval Surface Warfare Center, Maryland. (U.S. Navy photo by Travis Troller)



Special Warfare Operator 1st Class Cody Rochon, assigned to the U.S. Navy Parachute Team, the "Leap Frogs", flies the SEAL Trident flag as he parachutes into Marina Green Park during San Francisco Fleet Week. (U.S. Navy photo by MC1 Marc Cuenca)



COMMAND REUNIONS

Notice to Our Readers

We invite you to submit your event information at Mill-S4Life@us.navy.mil. Upcoming dates are published on our [MyNavy HR page](#).

Command	Date	Location	POC	Phone	Email/Website
Assoc. of Navy Hospital Corpsman	Sept. 24-28	Portland, ME	<i>Pending</i>	<i>Pending</i>	aaonhc@yahoo.com www.aaonhc.org
USS Missouri BB63	Sept. 25-28	Wilmington, NC	Robert Whaley	<i>Pending</i>	robertwhaleyiii@gmail.com
USS Henry L. Stimson SSBN 655	Oct. 1-5	Groton, CT	John Glaub	860-235-8489	655reunion2025@gmail.com www.ssb655.org
USS Leahy CG 16	Oct. 1-5	Hampton Roads, VA	Efren Monis	757-553-0009	bubblehead693714@hotmail.com
Patrol Squadron (VP) 17	Oct. 2-4	San Diego, CA	Jack Schrager	954-424-6494	wojack@comcast.net
USS Seawolf SSN 575	Oct. 6-9	Henderson, NV	Scott Jaklin	262-818-3400	sjaklin@icloud.com
USS Bausell DD 845	Oct. 12-17	Newport, RI	Pat Bus	865-361-3158	pdbus456@gmail.com
LSM/LSMR All Ships/Years	Oct. 13-16	Charleston, SC	Angela D'Aloisio	803-865-5665	support@nehemiahcommunications.com
USS Barnstable County LST 1197	Oct. 13-16	Charleston, SC	Scott Gulbransen	352-339-0605	scott.gulbransen@yahoo.com
USS Jerome County LST 848	Oct. 13-16	Charleston, SC	Dennis Hager	410-474-9072	dennishager@comcast.net
USS Litchfield County LST 901	Oct. 13-16	Charleston, SC	Don Lerche	309-530-8710	donlerche@yahoo.com
US LST Association	Oct. 13-16	Charleston, SC	Angela D'Aloisio	803-865-5665	support@nehemiahcommunications.com
USS Park County LST 1077	Oct. 13-16	Charleston, SC	Mike Kempf	317-490-4229	koby.43@icloud.com

Command	Date	Location	POC	Phone	Email/Website
USS Saginaw LST 1188	Oct. 13-16	Charleston, SC	Angela D'Aloisio	803-865-5665	support@nehemiahcommunications.com
USS Sutter County LST 1150	Oct. 13-16	Charleston, SC	Guy Simmons	978-476-3895	guysimmons@aol.com
USS Vernon County LST 1161	Oct. 13-16	Charleston, SC	Steve Malloy	360-286-9008	skcmret@comcast.net
USS Wexford County LST 1168	Oct. 13-16	Charleston, SC	Larry Condra	314-604-5221	larrygeec@netscape.net
USS Monticello LSD 35	Oct. 17-20	Branson, MO	Robert Behm	573-208-4670	beamer@ussmonticello.com www.ussmonticello.com
USS Wilhoite DE/DER 397	Oct. 21-24	Grand Prairie, TX	Steve Gergens	682-558-5822	stevegergens@gmail.com
Patrol Squadron (VP) 93	Oct. 24-26	Harrison Township, MI	Howard Rundell	734-658-7701	g5av8or@aol.com
USS Benjamin Franklin SSBN 640	Nov. 5-9	St. Marys, GA	<i>Pending</i>	<i>Pending</i>	www.ssbn640association.com
USS Mars AFS 1	Nov. 12-16	Clearwater Beach, FL	Guy Colson	203-586-9033	noslocg@yahoo.com www.ussmars.com
USS Paul F. Foster DD-964	Feb. 20-21	Port Hueneme, CA	Dave Klein	<i>Pending</i>	usspaulffoster@gmail.com www.usspaulffoster.org



Members of the USS Sterett Association Reunion Group toured USS Whitehat at Naval Station Great Lakes. Associates of this group served aboard any of the four U.S. ships bearing the name of Sterewwwtt (DD 27, DD 407, DLG/CG 31 and DDG 104). (U.S. Navy photo by MC2 Matt Hall)

NAVY RETIRED ACTIVITIES OFFICE LOCATOR

Navy and Joint RAOs

CONUS

Arizona

Retired Activities Office
Navy Reserve Center
14160 W. Marauder St.
Luke AFB, Glendale, AZ 85309
9 a.m. - 1 p.m. (Mon-Fri)
602-337-5766
POC: Stella Reyes
stella.l.reyes.ctr@us.navy.mil

California

Retired Activities Office
Naval Air Weapons Station
Code 75H000D
1 Administration Circle
China Lake, CA 93555
9 a.m. - 3 p.m. (Mon-Fri)
760-939-0978
POC: Eva Bian
retiredactivities@mchsi.com

Retired Activities Office*
Fleet and Family Support Center
966 Franklin Ave., Bldg. 930
Naval Air Station
Lemoore, CA 93246
8 a.m. - 2 p.m. (Thu)
559-998-4038
POC: Curtis Miller
curtis.m.miller3.naf@us.navy.mil

Retired Activities Office
Fleet and Family Support Center
1000 23rd Ave., Bldg. 1169, Code N93V
Port Hueneme, CA 93043
7:30 a.m. - 4 p.m. (Mon-Fri)
805-982-1023
POC: Corey Kendrick
corey.n.kendrick.naf@us.navy.mil

Retired Activities Office
Fleet and Family Support Center
Naval Station San Diego
3005 Corbina Alley, Suite 1
San Diego, CA 92136
8:30 - 11:30 a.m. (Mon/Tue/Thu/Fri)
619-556-7412
POC: Annanias Rose
annanias.rose.civ@us.navy.mil

Retired Activities Office
Naval Weapons Station Seal Beach
800 Seal Beach Blvd., Bldg. 10, Room 1
Seal Beach, CA 90740
9 a.m. - 3 p.m. (Mon-Thu)
9 a.m. - 12 p.m. (Fri)
562-626-7152
POC: Tom Mckerr
thomas.j.mckerr.vol@us.navy.mil
RAO-NWSSB@navy.mil

Connecticut / Rhode Island

Retired Activities Office
Naval Sub Base, New London
Bldg. 83, P.O. Box 93
Groton, CT 06349
9 a.m. - 3 p.m. (Mon-Fri)
860-694-3284
POC: Phil Derose
derosepa@yahoo.com

Florida

Retired Activities Office
Naval Air Station, Jacksonville
Box 136
Yorktown Av., Bldg. 13
Jacksonville, FL 32212
10 a.m. - 2 p.m. (Tue-Fri)
904-542-5790
POC: Tom Brennan
thomas.j.brennan34.vol@us.navy.mil

Retired Activities Office
Fleet and Family Support Center
Naval Air Station Pensacola
151 Ellyson Ave., Bldg. 625
Pensacola, FL 32508
9 a.m. - 1 p.m. (Mon-Fri)
850-452-5622
POC: Marsha Williamson
marsha.f.williamson1@navy.mil

Hawaii

Retired Activities Office
Military and Family Support Center
4827 Bougainville Drive
Honolulu, HI 96818
8 a.m. - 3 p.m. (Mon-Fri)
808-474-0032
POC: Fran Salas
mfschawaii@navy.mil

Maine (Portsmouth Shipyard)

Retired Activities Office
62 Pegasus St.
Brunswick, ME 04011
9 a.m. - 12 p.m. (Mon-Fri)
207-406-4103
POC: Paul Loveless
navyraomevt@gmail.com

Maryland

Retired Activities Office*
Fleet and Family Support Center
NSA Annapolis
168 Bennion Rd.
Annapolis, MD 21402
410-293-2641
POC: Maryland Lewis
marilyn.a.lewis2.civ@us.navy.mil

Michigan (Joint RAO)

Retiree Affairs Office
44200 Jefferson, Bldg. 780, Room 17 (S604)
Selfridge, ANGB
Mount Clemens, MI 48045
9 a.m. - 3 p.m. (Tue-Fri)
586-307-5580
POC: Mike Schmansky
selfrao@yahoo.com

Minnesota

Retired Activities Office*
Navy and Marine Corps Reserve Center
5905 34th Avenue South, Room 107
Minneapolis, MN 55450
10 a.m. - 2 p.m. (Thu)
612-713-4664
raominneapolis@gmail.com
www.raominneapolis.com

New Hampshire

Retired Activities Office*
Portsmouth Naval Shipyard
Code 866, Bldg. 22
Portsmouth, NH 03804
10 a.m. - 2 p.m. (Mon-Fri)
207-438-1868
POC: Craig Brown
c.craigbrown@comcast.net

Virginia

Retired Activities Regional Office*
Fleet and Family Support Center
7928 14th St, Suite 102
Norfolk, VA 23505
10 a.m. - 2 p.m. (Friday, Mon-Thu appt. only)
757-445-4380
POC: Rafael Rosario
navretactnorva@gmail.com

Retired Activities Office
JEB Little Creek-Fort Story
Fleet and Family Support Center
1450 D Street
Virginia Beach, VA 23521
10 a.m. - 2 p.m. (Mon-Fri)
757-462-8663
POC: Luther Williams
lutherwilliams@verizon.net

Washington

Retired Activities Office*
Fleet and Family Support Center
Naval Station Everett
13910 45th Ave. NE, Room 818
Marysville, WA 98271
425-304-3775/3721
10 a.m. - 1 p.m. (Mon-Fri)
POC: Noel Torres
noe.torres1@navy.mil

CONT'D

VETERANS ORGANIZATIONS

Retired Activities Office*
Fleet and Family Support Center
Naval Air Station Whidbey Island
Oak Harbor, WA 98278
9 a.m. - 2 p.m. (Mon-Tue-Thu)
9 a.m. - 1 p.m. (Wed)
360-257-6432
POC: Gerald Myers
raowhidbeyisland@gmail.com

Wisconsin

Retired Activities Office*
Navy & Marine Corps Reserve Center
2401 South Lincoln Memorial Dr.
Milwaukee, WI 532017
POC: Rich Nastal
riorich64@yahoo.com

OCONUS

Rota, Spain

Retired Activities Office
NS Rota Community Support
Bldg. 3293
PSC 819, Box 57
FPO AE 09645-5500
1 - 4:30 p.m. (Tue/Thu)
011-34-956-82-3232
POC: Patricia Rios
NAVSTA_ROT_AAO@us.navy.mil

Independent Retired Coordination Offices (IRCOS)***

Florida

VA Lakemont Campsu, Room 125
2500 Lakemont Ave.
Orlando, FL 32803
407-646-4110/4111/4114
POC: Donald Stiegman
rao.orlando@gmail.com

Italy

Via De Amicis, 16
07024 La Maddalena (OT), Italy
POC: Cinzia Panzani
panzanic@hotmail.com

Subic Bay (Philippine Region)

Subic Bay-Olongapo
34 National Highway
Barrio Barretto 2200
Olongapo City
PSC 517, Box RS
FPO/AP 96517-1000
9 a.m. - 3 p.m. (Mon-Fri)
011-63-47-222-2314
POC: Jack Walter
dir@raosubic.com

*Office needs volunteers.

**No Navy volunteers.

***Not sponsored by the U.S. Navy.

Looking for a VA?

Find any VA facility at [VA.gov/Find-Locations](https://www.va.gov/Find-Locations) by entering your desired location.

Additional resources:

Disabled American Veterans (DAV)
<https://www.dav.org/>

Fleet Reserve Association (FRA)
<https://www.fra.org/fra/web/>

Navy Wounded Warrior
<https://www.navywoundedwarrior.com/>

Navy Safe Harbor Foundation
<https://safeharborfoundation.org/>

Navy Gold Star
<https://www.navygoldstar.com/>

Navy League of the United States
<https://www.navyleague.org/>

Navy Ombudsman Program
<https://ffr.cnrc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Work-and-Family-Life/Ombudsman-Program/>

Naval History and Heritage Command
<https://www.history.navy.mil/>

Veterans of Foreign Wars
<https://www.vfw.org/>

American Gold Star Mothers, Inc.
<https://www.americangoldstarmothers.org/>

National Veterans Legal Services Program
<https://www.nvls.org/>

Catholic War Veterans & Auxiliary of the U.S.A.
<https://thecwv.org/>

Jewish War Veterans of the U.S.A.
<https://www.jwv.org/>

Non Commissioned Officers Association (NCOA)
<https://www.ncoausa.org/>

TREA: The Enlisted Association
<https://www.trea.org/>

Military Officers Association of America (MOAA)
<https://www.moaa.org/>

National Organization of Veterans' Advocates, Inc.
<https://www.vetadvocates.org/cpages/home>

Navy Nurse Corps Association (NNCA)
<https://nnca.org/>

Tragedy Assistance Program for Survivors (TAPS)
<https://www.taps.org/>

Wounded Warrior Project (WWP)
<https://www.woundedwarriorproject.org/>

The American Legion
<https://www.legion.org/>

American Veterans (AMVETS)
<https://www.amvets.org/>

Reserve Organization of America (ROA)
<https://www.roa.org/>

Blinded Veterans Association (BVA)
<https://bva.org/>

Paralyzed Veterans of America (PVA)
<https://pva.org/>

Swords to Plowshares
<https://www.swords-to-plowshares.org/>

Korean War Veterans Association
<https://kwva.us/>

Vietnam Veterans of America
<https://vva.org/>

Iraq and Afghanistan Veterans of America (IAVA)
<https://iava.org/>

Blue Star Mothers of America, Inc.
<https://www.bluestarmothers.org/>

Gold Star Wives of America, Inc.
<https://www.goldstarwives.org/>

*Inclusion does not constitute endorsement by the Department of Defense or the U.S. Navy.



Submarine veterans salute the American Flag during a Memorial Day event honoring submarines lost in World War II, at the USS Parche Submarine Park and Memorial, Joint Base Pearl Harbor-Hickam, Hawaii. (U.S. Navy photo by MCI Scott Barnes)

RESOURCES

Air Force Retiree Services:

210-565-2126
www.retirees.af.mil

Marine Corps Services:

800-627-4637
www.marines.mil/Marines/

Soldier for Life:

888-721-2769
www.soldierforlife.army.mil

Arlington Cemetery:

877-907-8585
www.arlingtoncemetery.org

Armed Forces Retirement Home (AFRH):

800-422-9988
www.afrh.gov

Army and Air Force Exchange Service (AAFES):

800-527-2345
www.aafes.com

Burial at Sea Information:

866-787-0081

Combat Related Special Compensation (CRSC):

www.va.gov/resources/combat-related-special-compensation-crsc/

Defense Enrollment Eligibility Reporting System (DEERS):

800-538-9552
www.tricare.mil/deers

Defense Commissary Agency:

www.commissaries.com

Fleet Reserve Association:

703-683-1400
www.fra.org

GulfLINK:

www.gulflink.osd.mil

Military ID Card Eligibility and Benefits:

800-538-9552

Internal Revenue Service (IRS):

800-829-1040
www.irs.gov

Medicare:

800-633-4227
www.medicare.gov

Navy Reserve Personnel Management (PERS-9):

866-827-5672

Navy Casualty Assistance:

800-368-3202
After duty hours: 901-634-9279

Navy Retired Activities:

866-827-5672
MILL_RetiredActivities@navy.mil

Navy Uniform Shop:

877-810-9030
www.navy-nex.com/uniform

Reserve Component Survivor Benefit Plan (RCSBP):

PERS-912: 800-321-1080

Retiree Dental Program – Delta Dental:

855-410-3255
www.trdp.org

Servicemembers' Group Life Insurance (SGLI):

800-419-1473
www.insurance.va.gov

Social Security Administration (SSA):

800-772-1213
www.ssa.gov

Veterans Affairs (VA):

www.va.gov

Benefits hotline:

800-827-1000

Overseas retirees should contact a U.S. embassy/consulate:

918-781-7550

VA Life Insurance:

800-669-8477

National Cemetery Administration:

Burial information: 800-535-1117

www.cem.va.gov

GI Bill:

888-442-4551

www.gibill.va.gov

Defense Finance and Accounting Service (DFAS):

Pay inquiries or SBP records in case of death, divorce or remarriage.

www.dfas.mil

For retirees:

Defense Finance and Accounting Service

U.S. Military Retired Pay

8899 E 56th Street

Indianapolis, IN 46249

Customer service: 800-323-7411 opt. 4, then 2

For annuitants, beneficiaries and survivors:

Defense Finance and Accounting Service

U.S. Military Annuitant Pay

8899 E 56th Street

Indianapolis IN 46249

Customer service: 800-321-1080 opt. 4, then 2

For reporting deaths:

Casualty Assistance Branch

Defense Finance and Accounting Service

U.S. Military Retired Pay

8899 E 56th Street

Indianapolis, IN 46249

Customer service: 800-321-1080

TRICARE:

East Region:

Humana Military

800-444-5445

www.tricare.mil/east

West Region:

TriWest Healthcare Alliance

888-TRIWEST (874-9378)

www.tricare.mil/west

Overseas:

International SOS Government Services, Inc.

215-942-8226

www.tricare-overseas.com

TRICARE For Life:

866-773-0404

www.tricare.mil/tfl

TRICARE Pharmacy Program – Express Scripts, Inc.

877-363-1303

www.tricare.mil/pharmacy

www.express-scripts.com

Navy Morale, Welfare, and Recreation (MWR):

www.mwr.navy.mil

Department of Defense Lodging:

www.dodlodging.net

Veterans' Service Records:

For replacement copy of DD-214, service/medical records, award information.

Retired prior to 1995:

www.archives.gov/veterans/military-service-records

Retired after 1995:

Navy Personnel Command PERS-312E

5720 Integrity Drive

Millington, TN 38055

833-330-6622

Sister service retiree publications:

Air Force Afterburner:

www.retirees.af.mil/library/afterburner/

Coast Guard Evening Colors:

www.yumpu.com/en/document/view/10365896/evening-colors-us-coast-guard

Marine Corps Semper Fidelis:

www.mcleaguelibrary.org/semper-fi-magazine/



Sailors assigned to deck department of the aircraft carrier USS Gerald R. Ford (CVN 78) conduct a line handling evolution on the fantail.
(U.S. Navy photo by MCSN Gladjimi Balisage)