



# RETIREED MILITARY NEWSLETTER

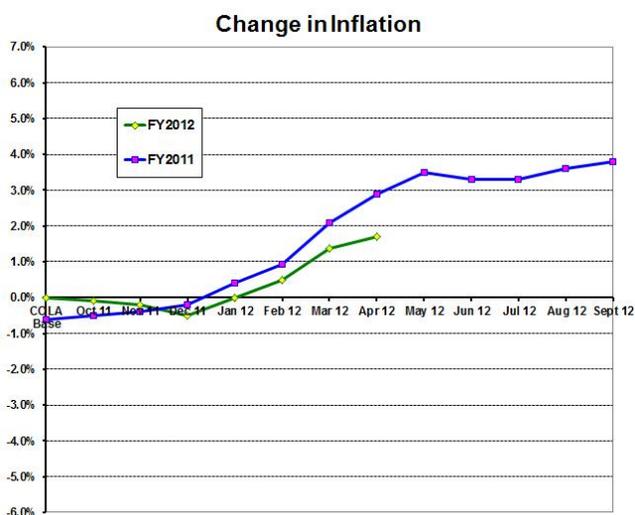
2012



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**COLA.** 7 months into the fiscal year we continue to see an increase in the COLA. The latest (April) look indicates almost 1.7 percent above COLA baseline figure.



**Commissary.** The Defense Commissary Agency (DeCA) recently changed how its stores handle coupons and product returns without receipts as the agency enacts changes to protect the commissary benefit. The average coupon user might not notice the policy changes because they are aimed at preventing possible misuse of the commissary benefit – primarily using coupons to get large amounts of cash back. Commissary shoppers are big users of coupons, as evidenced by DeCA’s consistent ranking among the top 10 grocery retailers in coupon redemptions over the past several years. Commissaries welcome coupon usage, and to acquaint customers with the changes in the coupon acceptance policy, it has been posted on the agency’s website at [www.commissaries.com/inside\\_deca/publications/directives/DeCAD40\\_6\\_PC\\_3.pdf](http://www.commissaries.com/inside_deca/publications/directives/DeCAD40_6_PC_3.pdf) and on Facebook at [www.Facebook.com/YourCommissary](http://www.Facebook.com/YourCommissary).

Visit the DECA website at [www.commissaries.com](http://www.commissaries.com) to find information on special offers, case-lot sales, coupons, and much more. Additionally, this commissary link <http://www.commissaries.com/links.cfm#IYSC> not only provides information about health, coupons, and savings but great links to MWR and Military news in general. Have a look.

**Immunizations.** The availability of vaccinations for non-enrolled beneficiaries at military facilities may fluctuate because of supply and/or budget constraints. Before making a special trip, contact the Station/Base hospital/clinic for information on whether a vaccine is available. In

the case of **shingles** (also called herpes zoster, after the virus that causes shingles) which can affect anyone who has had chicken pox. The varicella zoster virus causes chicken pox; it remains dormant in the body after the acute chicken pox disease is over. Years after the original infection, this virus sometimes reactivates in the form of shingles. Zostavax, the vaccine that helps prevent shingles, is made from a special live virus that causes shingles. The vaccine is recommended for many adults age 55 and older. Consult your doctor for advice and to answer your questions about the vaccine. **Then contact a Station/Base's Immunizations Clinic for information on how to obtain a packet that includes a list of network providers who provide the vaccine and TRICARE claims forms to file for reimbursement. For retirees in the Los Angeles area, the Air Force's clinic's number for information is (310) 653-6607.**

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**Audio Books—Free.** Retired members of the DOD Community have access to free audio books, movies, and music now available through the Navy's Audio Books program. To access the Audio Books program, eligible members must log into [www.nko.navy.mil](http://www.nko.navy.mil) . An NKO user account must be established to check out materials.

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**Military Associations.** There are many organizations and associations available to help members of the military during and after their service to the country. These associations not only encourage and spur camaraderie; they also offer incredible benefits for their members. Some provide advocacy, help you network and access job opportunities, tap into benefits at a reduced cost, lobby congress concerning issues vital to military life, or find support for you and your family in times of war and peace. See all the advantages of belonging to a military association. <http://www.military.com/military-report/military-associations-right-for-you-052512?ESRC=mr.nl> . If you do not have access to a computer and would like a fairly complete list of these organizations, let us know and you can pick it up at our office or we will mail it to you.

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**Jobs.** Aerospace & Defense Careers. The defense industry, including aerospace, is huge and complex. It serves both military and commercial markets. It designs, manufactures, and services everything from commercial planes to jet fighters to single-prop private planes and traffic helicopters and more. Top companies are looking for your military experience and background. See who's hiring now. <http://www.military.com/military-report/featured-job-aerospace--defense-careers-061112?ESRC=mr.nl>

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**Discount Tickets.**

1. The website we noted in last month's letter said "Check this web site [www.mwrtoday.com](http://www.mwrtoday.com) for a listing of the tickets available and the current prices." The guidance should have been more thorough. What you need to do to see the list of discounted tickets is, after going to [the](#) website, select your installation—Fallon, San Diego, Seal Beach, etc. from the indicated list—then click "tickets" under the "Recreation" tab.
2. Purchase discount tickets for numerous attractions and check with a Station or Base ITT office first before taking a trip to somewhere like Disneyland or Sea World. The Armed Forces Vacation Club offers big savings on travel accommodations around the world. Log

on to the Armed Forces Vacation Club at [www.afvclub.com](http://www.afvclub.com) .

**Discount Vacations.** The U.S. Army's Leisure Travel Services (LTS) offers discounted movie tickets, vacation packages, cruises and hotel booking among other travel related attractions, at reduced rates, to authorized patrons. Active duty, retired, Reservist and National Guard military personnel, as well as Department of Defense (DoD) employees, contractors and Family members, can use the Directorate of Family and Morale, Welfare and Recreation (DFMWR) service with a DoD or DFMWR ID. For more information, visit your local LTS office or the U.S. Army Family and MWR Command Leisure Travel webpage at [http://www.army.mil/fmwrc/leisure\\_travel.htm](http://www.army.mil/fmwrc/leisure_travel.htm). For travel discounts, as well as other discounts available for the military and veterans, visit the Military.com Discount Center.

**Retiree Seminars.** These seminars or Expos are a great place to find answers about your financial situation (DFAS), VA entitlements, healthcare (Tricare and Base/Station), etc. Some of the many retiree seminars that take place across the country this year are: Date and location:

Jun 16 Tinker Air Force Base, Okla.  
Aug 24 Minneapolis, Minn.  
Aug 25 Camp Ripley, Minn.  
Sept 07 Fort McCoy, Wis.  
Sept 15 Fort Drum, NY  
Sept 21 Fort Belvoir, Va.  
Sept 22 Selfridge, Mich.  
Sept 29 Camp Lejeune, N.C.

Sept 29 Redstone Arsenal, Ala.  
Sept 29 Fort Dix, NJ  
Oct 26 Fort Rucker, Ala.  
Oct 26 Wright-Patterson Air Force Base, Ohio  
Oct 27 Rock Island Arsenal, Ill.  
Oct 27 Joint Base Andrews, Md.  
Nov 03 Fort Knox, Ky.  
Nov 08 Fort Detrick, Md.

- The **Nellis AFB**, Las Vegas, will be holding a Retired Appreciation Day in **September**. They would love to have you attend either as a vendor or guest. This may be the excuse you have been looking for to visit Las Vegas—kill two birds with the same outing. For more information contact Jean Putney, Director, Nellis AFB, Retiree Activities Office, (702) 652-8712 or (702) 898-1888 or email her at [jeanputney@cox.net](mailto:jeanputney@cox.net) .
- The Navy Region SW Expo will be held on 3 **November** at the Four Points by Sheraton at 8110 Aero Drive in San Diego from 0800 to 1300.



**Homeless vets—San Diego.** You can help homeless veterans in the SD area get back on their feet. Veterans Village of SD (VVSD) is seeking volunteers to assist with STAND DOWN 2012 on 13-15 JUL. Location is the athletic field of San Diego High School, 1405 Park Blvd. STAND DOWN is an annual three-day event in which up to 1,000 homeless veterans and their families can receive life-changing services such as mental health and substance abuse counseling; employment services; medical and dental care; food and clothing distribution and other critical support. Volunteers are needed 9-16 JUL for fire watches in addition to the event. Please contact EMCS(SW/AW) John Lanza, (619) 556-7672, [JOHN.LANZA@NAVY.MIL](mailto:JOHN.LANZA@NAVY.MIL) or call the hotline at (619) 393-2011. Find out more here: [HTTP://WWW.VVSD.NET](http://WWW.VVSD.NET) or call (619) 497-0142.

## **4th of July Events**

**Naval Weapons Station**, Seal Beach will hold its annual 4th of July Celebration at the Cypress Navy Golf Club located at 5660 Oranewood Avenue, between Katella and Chapman Avenues. Admission is **free** to all military retirees and direct family members with valid I.D., \$5.00 per person for all others or \$20.00 per carload. Children ages 5 and under are free. No reservations are required. (Special Price Tickets at the ITT Office in Bldg. 35) The site offers next-door views of scheduled flyovers at Joint Forces Training Base (JFTB) Los Alamitos. The day will be capped by a JFTB fireworks display, scheduled to begin at 9:00 pm. For more information contact Angelita Noche, at 562-626-7030 or email: [Angelita.v.noche@navy.mil](mailto:Angelita.v.noche@navy.mil) .



**Knott's Berry Farm** deal for vets. Admission is FREE for individual veteran and discounted prices for his/her guests to Knott's Berry Farm (Buena Park) and Knott's Soak City (Orange County, San Diego and Palm Springs) on the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> of July. <http://www.knotts.com/public/admission/prices/deals.cfm>

The **Los Alamitos Joint Forces Training Base** will celebrate the 4<sup>th</sup> with fireworks, etc. see this link for details: <http://www.ci.los-alamitos.ca.us/>

**San Diego.** There will be a fireworks show on the bay to provide the most exciting pyrotechnical content possible to the public on the Fourth of July around the San Diego tidelands. Net proceeds of the event will go to the San Diego Armed Services YMCA whose goal is ***“to enhance the lives of military personnel and their family members in spirit, mind, and body, by providing programs that strengthen families and are relevant to the unique challenges of military life.”*** The show is scheduled to commence at **9pm, Wednesday, July 4, 2012.** Click [Watch at five locations](#) for the recommended places from which to best watch the show.



### How to contact us

The Retired Activities Office, Naval Weapons Station, Seal Beach, California is located at 800 Seal Beach Blvd in Bldg. 22, Rm 2, Seal Beach, CA 90740-5000. We are here to serve all Armed Forces retirees and are open M-Th 0900 to 1500; Fri 0900 to 1200. You may contact us at (562)-626-7152 or by emailing us at [rao-nwssb@navy.mil](mailto:rao-nwssb@navy.mil)

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[Retired Activities Website](#)