



RETIREED MILITARY NEWSLETTER

2012



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AAFES. Military retirees who live far from a Base/Station/Post can still enjoy the benefits of shopping the exchange. By logging on to www.shopmyexchange.com from their computer or mobile device, you can enjoy these exclusive online savings:

- No sales tax and free standard shipping offers
- Super daily specials and advertised specials
- Exchange Online Mall and Specialty Stores, where military shoppers receive special discounts from dozens of popular retailers such as Dell, Office Depot, Teleflora, Harley Davidson, and Game Zone
- Weekly sweepstakes
- Clearance items

www.Shopmyexchange.com has been enhanced during the past year with dynamic design features and improved navigation. Now it's easier than ever to browse millions of

online products, including electronics, home furnishings, jewelry and watches, apparel and accessories, handbags and luggage, toys and children's products, kitchenware, appliances and much more. Shoppers can also stay informed about online sales and receive coupons by signing up for the Online Savings Club, exchange Buddy list, money-saving text messages and the mailing list for exchange catalogs and weekly sales fliers. To go directly to the Military Retiree section on the exchange website, visit

www.shopmyexchange.com/Community/MilitaryRetirement .

Discounts – Cell phone. As you may remember, we have a list of approximately 200 organizations offering discounts to veterans. Recently a retiree advised us that Verizon did not offer the indicated discount. After looking into the situation we noted that one of our staff receives the discount. We also found out that the “*Federal Telecommunications Act 1996 Discount to Federal Employees Past and Present*” gives discounts on personal cell phone bills to ALL military and civilian employees of the Federal Government....**If you call your cell phone provider to ask for the discount.**

Here are a couple numbers that should work for you in the event that you encounter difficulty.

Company	Phone number	Discount
Cingular	800-319-6393	19%
T-Mobile	866-646-4688	22%
Sprint Business direct	888-788-4727	15%
Nextel	800-639-6111	18%
Verizon	800-865-1825 Or 611 on cell & ask for help Or call 800-922-0204	23%

VA Emergency Care. The VA recently announced a change in regulations regarding payments for emergency care provided to eligible Veterans in non-VA facilities. This provision helps ensure eligible Veterans continue to get the emergency care they need when VA facilities are not available. The new regulation extends VA's authority to pay for emergency care provided to eligible Veterans at non-VA facilities until the Veterans can be safely transferred to a VA medical facility. For more information about emergency care in non-VA facilities, visit www.nonvacare.va.gov.

Legal Assistance. The Legal Assistance Office at many military installations can help you with some common legal issues. Contact your local base or post to find local arrangements. For the Los Angeles vicinity, the Legal Assistance Office at Los Angeles Air Force Base can help with Powers of Attorney (walk in basis during normal duty hours 0800-1600.) For Wills and to see what other services they can provide check out their web-site: <https://aflegalassistance.law.af.mil>. If you don't have a computer you can call them at 310-653-3084.

VA Training. A new Department of Veteran Affairs (VA) program provides up to 12 months of training and education for qualifying veterans age 35-60 to obtain meaningful employment in a high-demand occupations. The Veterans Retraining Assistance Program (VRAP) will offer 12 months of training assistance to 99,000 eligible participants who:

- Are at least 35 but no more than 60 years old;
- Are unemployed at the date of application;
- Are not be eligible for any other VA education benefit program (e.g.: the Post-9/11 GI Bill, Montgomery GI Bill, Vocational Rehabilitation and Employment Assistance);
- Are not enrolled in a federal or state job training program.

The program is limited to 45,000 participants from July 1, 2012, through September 30, 2012, and 54,000 participants from October 1, 2012, through March 31, 2014, and assistance is equal to the monthly full-time payment rate under the Montgomery GI Bill-Active Duty program (currently \$1,473 per month). Participants must be enrolled in a VA approved program of education offered by a community college or technical school, and the program must lead to an associate degree, non-college degree, or a certificate, and train the Veteran for a high demand occupation. To apply or get more information go to: www.benefits.va.gov/vow .

TRICARE. The June Supreme Court decision upholding the constitutionality of the Patient Protection and Affordable Care Act (ACA) has no impact on TRICARE health benefits for service members, military retirees and their families. (Source: 9 July TRICARE message.)

VA Disability Pay. In February 2012, over 70,000 Retired Soldiers (9.3% of all Retired Soldiers) couldn't pay their Survivor Benefit Plan (SBP) premiums by automatic deduction from their retired pay like other retirees do because their disability compensation from the VA completely offset their retired pay. When Retired Soldiers' retired pay is less than their SBP premiums, the Defense Finance and Accounting Service – Cleveland (DFAS-CI) sends them a Retired Account Statement (RAS) informing them of the problem. It is important for these Retired Soldiers to address this problem because unpaid SBP premiums carried over into a new billing month will accrue a six percent interest fee. One way to resolve this problem is to pay SBP premiums directly to DFAS at:

Defense Finance and Accounting Service, DFAS-CI
SBP and RSFPP Remittance
P.O. Box 979013
St. Louis, MO 63197-9000

Payments sent to any other location, including the Retired and Annuitant Pay offices at DFAS-CI, will not be received and credited to your account.

Another way to resolve this problem is to submit a DD Form 2891, Authorization for RSFPP and/or SBP Costs Deductions, to the VA. The form authorizes the VA to deduct SBP premiums from VA disability compensation and pay the premiums directly to DFAS-CI. The VA automatically adjusts the payments to DFAS-CI when SBP premiums increase due to cost of living adjustments to retired pay. Retired Soldiers should not submit a DD Form 2891 to the VA before DFAS-CI informs them that their retired pay is offset by their VA disability or they may inadvertently make double SBP payments. (Source: Sgt. Maj. (Ret) Bill Hursh, Army SBP Policy Proponent). Note: You can obtain DD forms by going online and asking Google for the specific DD form you want OR, contact a local RAO (*Retired Activities Office*) for them. Some RAOs are equipped to fax your form to, in this case, DFAS which would save you money and a lot of time.

Coast Guard Reunion. There will be an ALASKA/BERING SEA PATROL/ALL COAST GUARD SHIPS REUNION in Reno, 19 – 23 May 2013. Everyone is welcome so please share this and Doak Walkers web site <http://www.255wpg.org/> with all the “old” Coasties you know. All Ships built before 1975, many of the ships in the Coast Guard today still fall in the time frame, which makes everyone a member of our reunion group. Mark your calendars now and we will remind you again in the spring.

Seminars. Here are a few pending retired military seminars/expos in the southwest:

- **Camp Pendleton** will have their annual military retiree expo on 15 September 2012. More info expected soon.
- **Nellis AFB**, Las Vegas, will be holding a Retired Appreciation Day on 15 September.

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 .

- **San Diego:** 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. For more information contact the RAO at cnrswrao@navy.mil or (619)556 8987.

Commissary Sale. On Saturday, August 18, DECA will have a one day case sale at the Seal Beach, NWS. The Sale will be at the Fitness Center Parking Lot from 1000-1600. Free BBQ.

MWR Germany. If you are thinking about travelling to Europe and specifically Germany, Checkout this Army MWR site. http://www.armygermany.com/index.php?option=com_content&task=blogcategory&id=942&Itemid=109 . You will note that the **Wiesbaden**

Lodge is the newest addition to family of Army Lodging and offers the latest in Army Lodging services. Wiesbaden is a memorable place to visit. Centrally located in beautiful downtown Wiesbaden and in the heart of Germany, Wiesbaden offers you direct access to major highways, the Frankfurt International Airport, Wiesbaden Army Airfield, Main Train Station and the City Center. Contact information is:



Mississippi Str. 7890, 65189 Wiesbaden, Germany. +49(0) 611 723- 7600



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

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[Retired Activities Website](#)