



Make Sure You Understand Recent TRICARE Telehealth Policy Changes

FALLS CHURCH, Va. – At the start of the COVID-19 pandemic, the Defense Health Agency (DHA) made several temporary updates to the TRICARE benefit regarding telehealth. These temporary policy updates allowed you to get care safely during the COVID-19 pandemic. The DHA has since updated these telehealth policies.

“During COVID-19 lockdown mandates, telehealth policies created opportunities for TRICARE beneficiaries to receive medical care,” said Elan Green, chief of TRICARE Health Plan’s Member Benefits and Reimbursement Section at the DHA. “Now, the DHA understands that telehealth visits are still essential for many families. We’re pleased to continue offering audio-only telehealth services.”

It has now been more than two years since the start of the pandemic. Some of these policy changes have recently expired. Meanwhile, others have become permanent. Listed below are the policy updates.

Audio-only Telehealth

Audio-only telehealth appointments are now a permanent TRICARE benefit. This is effective as of July 1, 2022. This means everyone, including those without access to live, two-way audio and video technology, will continue to have access to telehealth services.

Cost-shares and Copayments

TRICARE placed a temporary waiver on costs at the start of the pandemic. This encouraged the use of telehealth services. That waiver recently expired. This means you’ll have to pay cost-shares and copayments once again.

Telehealth costs are like in-person care costs. Your costs depend on your beneficiary category, health plan, and appointment type. Active duty service members (ADSMs) don’t pay out-of-pocket costs. Active duty family members (ADFMS) who have a TRICARE Prime plan don’t pay either, unless they use the point-of-service. As outlined in the TRICARE Costs and Fees Sheet, the POS option allows you to see any TRICARE-authorized provider without a referral. But, the POS option only works for nonemergency services.

You can find specific costs using the TRICARE Compare Cost tool or the TRICARE Cost and Fees Fact Sheet.

Using Telemedicine Services

To find a provider who offers telemedicine services, you can use the Find a Doctor tool. You can also look up providers by going to All Provider Directories. Keep in mind, not all services are available through telemedicine. So, it’s important to check with your provider to see which options are available to you.

Referral or pre-authorization may apply for your telemedicine visit. If you aren’t sure, you can reach out to your TRICARE contractor.

If you’re overseas, the country where you live must allow telemedicine. Your provider must also have a license to practice where you live. You can reach out to your TRICARE Overseas Program Regional Call Center for more information.

Telemedicine is a safe and secure way to connect with your health care provider online. You can learn more about telemedicine services by going to the Telemedicine page on the TRICARE site.

Would you like the latest TRICARE news sent to you by email? Visit the TRICARE Subscriptions page today, and create your personalized profile to get benefit updates, news, and more. <https://public.govdelivery.com/accounts/USMHSTMA/subscriber/new>



SEMPER FIDELIS

Some of the information compiled for Semper Fidelis comes from other sources to include experts in their respective fields, i.e., DFAS, VA, and TRICARE. Content was current at the time this publication went to press. Any delays in mailing may be due to unforeseen circumstances and we apologize for the inconvenience.

NOTE: The newsletter is posted online before it is mailed.

Semper Fidelis accepts unsolicited material for publication for regular columns such as Second Career and Reunions, but reserves the right to reject any unsolicited material deemed inappropriate or illegible for publication.

Semper Fidelis is published quarterly by MMSR-6 to inform retired Marines and their family members on information of interest on their rights, benefits, and privileges. Items in this newsletter do not necessarily reflect the views of the United States Marine Corps or the Department of Defense.



If you, or someone you know needs help, support is available 24/7. Service members and their families can call Military OneSource at 1-800-342-9647, or chat at militaryonesource.mil.

Service members, veterans, and their loved ones can also call the Military and Veterans Crisis Line at 1-800-273-8255 and Press 1, chat at veteranscrisisline.net, or text to 838255.

The National Suicide Prevention Lifeline is available to anyone at 1-800-273-8255.

SEMPER FIDELIS NEWSLETTER FOR RETIRED MARINES

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DEFENSE FINANCE AND ACCOUNTING SERVICE

PROVIDING PAYMENT SERVICES FOR THE U.S. DEPARTMENT OF DEFENSE

Why It's Important to Inform DFAS of Your Life-Changing Events

What can you do as a retiree to ensure your retired pay comes to you accurately and on time? Keep your account up to date.

As a retiree, the sooner you alert DFAS to any change that might affect your pay, the more timely and accurate your pay will be. Keeping your account updated includes making sure your mailing address, email address, banking information, allotments, tax withholding status, and beneficiary choices are current.

Be sure to report any change of life events as soon as they happen. These life-changing events might include:

- Moving
- Marriage or Remarriage
- Divorce
- Birth or adoption of a child
- Death of a spouse or child

Some changes, especially those regarding Survivor Benefit Plan coverage, have a one-year time limit, so it is very important that you notify DFAS of life-changing events when they happen. When you notify us, be sure to include photocopies of supporting documents, such as birth or marriage certificates.

If you are making a change to your SBP coverage because of a life event, you can now use the convenient, online askDFAS upload tool on DFAS.mil to submit your DD2656-6 (Survivor Benefit Plan Election Change Certificate) and supporting documents. And when you submit a DD 2656-6, you'll get email status notifications to the email you provide in askDFAS, or if you send it by postal mail or fax, to the email in your myPay account.

Keeping your contact information updated is key to staying informed. DFAS occasionally sends out correspondence regarding changes in the law that affect your pay. If your mailing address is not correct and you are not on myPay, we have no way of notifying you about changes. DFAS is also communicating more via email to provide more convenient customer service, so you will be better informed if you have a current email in your myPay account.

The easiest way to keep your account updated is to use myPay. You can use myPay to change your mailing address, your email address, your direct deposit information, some allotments and your tax withholding status. You can also use myPay to verify payment information, including allotment amounts, or tax withholding, or check your Survivor Benefit Plan (SBP) coverage on your RAS.

If you're not yet using myPay, it's easy to get started and add your email address for status notifications. We have a handy step-by-step, downloadable "Get Started with myPay" guide available at: <https://www.dfas.mil/RetiredMilitary/manage/mypay/>

DFAS continues to develop helpful tools and information for you and our website puts it all at your fingertips: <https://www.dfas.mil/retiredmilitary>.



GEN MICHAEL LANGLEY BECOMES THE MARINE CORPS' FIRST BLACK FOUR-STAR GENERAL

6 Aug 2022 | Communication Directorate, Headquarters Marine Corps

WASHINGTON, D.C. -- U.S. Marine Corps Gen Michael E. Langley was promoted to the rank of general on Aug. 6, 2022, in a ceremony at Marine Corps Barracks Washington.

Commandant of the Marine Corps Gen David Berger promoted Langley, who became the first Black Marine to be promoted to general.

"43 years we go from our first African American general to now our first - I think leading to many more - four-star African American generals," said Berger, paying homage to LtGen Frank E. Peterson.

Langley was joined by friends and family at the ceremony, including his father Willie C. Langley, who is a proud Air Force veteran. Gen Langley repeatedly talked about his father as his greatest mentor.

"My daddy told me to aim high, so I aimed as high as I could and found the few and the proud," said Gen Langley, a comment which was met with laughter amongst the crowd, most of whom were Marines.

Langley was born in Shreveport, Louisiana, and grew up on a variety of military bases as a child before settling in Texas. He graduated from the University of Texas at Arlington and commissioned as a Second Lieutenant in 1985. Langley has served in the Marine Corps for 37 years and saw his promotion as a sign to others that Marine Corps service rewards those who work hard to achieve their goals.

"The milestone and what it means to the Corps is quite essential. Not because the mark in history, but what it will affect going forward, especially for those younger across society that want to aspire and look at the Marine Corps as an opportunity," said Gen Langley.

TRICARE NEWS

A Checklist to Help You Prepare for 2022 TRICARE Open Season

By TRICARE Communications

FALLS CHURCH, Va. – TRICARE Open Season starts in the fall. That’s the time when most families can make changes to their TRICARE health care coverage for next year. Preparing for open season now can help you make the best selection for you and your family later.

“Each year, open season gives you the chance to either sign up for TRICARE, or change your current coverage,” said Dr. Danita Hunter, chief of TRICARE Policy and Programs. “Before open season begins, give yourself time to review resources and ask questions about your options. This will help you choose the right coverage for you and your family.”

Are you enrolled in or eligible for a TRICARE Prime option or TRICARE Select? If yes, open season applies to you. However, it doesn’t apply to active duty service members (ADSMs). To learn more and to help prepare you for open season, follow this five-step checklist.

1. Know the dates and your choices

Open season starts Nov. 14 and ends Dec. 13, 2022. When considering your options you have these three choices:

- Stay in your plan.
- Enroll in a health plan.
- Change health plans or switch between individual and family enrollment.

2. Review coverage details

Being familiar with the plan types can help you pick one to fit your budget and your health care needs. TRICARE Prime is your managed care option. It offers the most affordable coverage. With TRICARE Prime, you have a primary care manager (PCM) to manage your routine care and refer you to specialists for specialty care.

TRICARE Select is a self-managed care option. It offers the most freedom of choice. You aren’t required to have a PCM. You can choose your own TRICARE-authorized provider and manage your own health care. You’ll have lower out-of-pocket costs if you use a network provider.

Compare TRICARE plans to learn more about each health plan.

3. Consider all cost factors

The amount you pay for coverage depends on your health plan and who you are. For example, costs vary if you or your sponsor is an ADSM, a National Guard or Reserve member, or a retiree. To find your health plan costs and to compare costs, use the Compare Costs tool.

4. Consider your needs for next year

Do you expect any big life changes in the upcoming year? The open season may not be the only time you can update your coverage. As outlined in the TRICARE Qualifying Life Events Fact Sheet, certain life events may change your health plan options. Moving, marriage, birth of a child, or retirement from active duty are all Qualifying Life Events (QLEs). A QLE opens a 90-day period for you to make eligible enrollment changes. If you take no action during open season, you’ll have to wait until you or a family member experiences a QLE to make changes to your TRICARE Prime or TRICARE Select plan.

5. Update your information in DEERS

Being able to use TRICARE depends on you keeping your information current in the Defense Enrollment Eligibility Reporting System (DEERS). If you don’t show as eligible for TRICARE in DEERS or your information is incorrect, it could prevent you from using your TRICARE benefit. You may also miss important information and enrollment deadlines.

Remember, you don’t have to wait until open season to think about your options. Start planning now. Find more info and resources on the TRICARE website.



Uniformed Service Members: Take advantage of your FEDVIP enrollment period.

The U.S. Office of Personnel Management (OPM) is proud to welcome you to the Federal Employees Dental and Vision Insurance Program (FEDVIP).

Sponsored by OPM, FEDVIP is a voluntary, enrollee-pay-all dental and vision insurance program. It replaced the former TRICARE Retiree Dental Program (TRDP). In general, retired uniformed service members, their families, and survivors are eligible for FEDVIP dental coverage and, if enrolled in a TRICARE health plan, FEDVIP vision coverage. In addition, family members of active duty uniformed service members who are enrolled in a TRICARE health plan are eligible for FEDVIP vision coverage. Please note: Opportunities to enroll outside of open season are limited.

FEDVIP is popular among the more than 3.5 million people already enrolled in the program, giving the program high marks for quality and value. With 12 dental and 5 vision carriers to choose from, FEDVIP offers great flexibility when selecting the right coverage for you and your family, such as:

- regional dental plans as well as nationwide dental and vision plans with international coverage
- most plans feature both high and standard options
- a choice between three enrollment types: self, self plus one, or self and family

The Federal Benefits Open Season is your annual opportunity to enroll in, change, or cancel a FEDVIP dental and/or vision plan. This year, open season runs from November 14 through December 12, 2022, with coverage effective January 1, 2023.

To familiarize yourself with the program, explore [BENEFEDS.com/military](https://www.benefeds.com/military). BENEFEDS is the secure online portal to enroll in FEDVIP, to research FEDVIP's current list of carriers and plans, and use the plan comparison tool to view rates, benefits, and coverage information.

During open season, you may view informational webinars or access the Virtual Benefits Fair by visiting [BENEFEDS.com/military](https://www.benefeds.com/military). The Virtual Benefits Fair is an online health fair that houses 2023 FEDVIP plan information in a single location, allowing military families to browse exhibits, view and download plan brochures, and chat with BENEFEDS and FEDVIP representatives.

Don't miss this opportunity! Consider including FEDVIP in your retirement plan today.

BENEFEDS is administered by Long Term Care Partners, LLC, with oversight by the U.S. Office of Personnel Management.



2022 Retired & Annuity Pay Dates




<u>Entitlement Month</u>	<u>Retiree Pay Date</u>	<u>Annuitant Pay Date</u>
September 2022	September 30, 2022	October 3, 2022
October 2022	November 1, 2022	November 1, 2022
November 2022	December 1, 2022	December 1, 2022
December 2022	December 30, 2022	January 3, 2023



United States Navy Blue Angels

2022 Air Show Schedule





For information about individual air shows, please go to each air show's official website. For more information about the Blue Angels, including the 2022 air show schedule, visit <http://www.blueangels.navy.mil>.

For more information visit: www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

For more photos and video from Navy Blue Angels, visit www.DVIDSHUB.net/NFDS.

<p><u>October</u></p> <p>01-02 Minden, NV</p> <p>08-09 San Francisco, CA</p> <p>15-16 OFF WEEKEND</p> <p>22-23 NAS Jacksonville, FL</p> <p>29-30 Houston, TX</p>	<p><u>November</u></p> <p>05-06 Peachtree City, GA</p> <p>11-12 NAS Pensacola, FL</p>
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Employment Compensation from a Foreign Government Can Impact Your Retired Pay

Did You Know: Your military retired pay can be impacted if you receive compensation from a foreign government without advance permission?

The U.S. Constitution prohibits federal government employees from accepting compensation, gifts, or titles from foreign governments without the prior consent of Congress. This prohibition also applies to military retirees. Congress granted its consent to retirees seeking foreign government employment so long as the retirees obtain the advance approvals required by 37 U.S.C. § 908. Retired Marines who are considering accepting foreign government employment for compensation must receive approval in advance of receiving the compensation. In general, the Secretary of State and the Service Secretary from which you retired must *both* approve the employment/compensation. If the foreign government payment or award is limited to speeches, travel, meals, lodging, registration fees, or non-cash awards, you only need approval by the Service Secretary from which you retired. The purpose of this restriction is to prevent the exercise of undue influence by foreign governments on retired members of the United States military.

If a retired Marine accepts compensation from a foreign government or foreign government controlled entity for employment or for speeches, travel, meals, lodging, registration fees, or non-cash awards without prior approval, the Marine's retired pay becomes subject to a withholding and/or debt, generally in an amount equal to the total amounts received from the foreign government.

To request approval of compensation from a foreign government for employment, speeches, travel, meals, lodging, registration fees or a non-cash award, retirees should contact Headquarters, U.S. Marine Corps (MMSR-6) at the address listed below. Retirees may also review the Service Instructions listed below that are publicly available on the web or by contacting the appropriate POC listed below. There are other laws that restrict some retirees from representing a foreign government entity before a U.S. Government agency or official, or that may require additional approvals, such as the Foreign Agents Registration Act and the International Traffic in Arms regulations. Retirees should consult with their employer's human resources or general counsel offices for guidance on whether these other requirements apply.

Organizational mailbox: smb.manpower.mmsr6@usmc.mil	Headquarters, U.S. Marine Corps Manpower and Reserve Affairs, Separation & Retirement Branch (MMSR-6) 3280 Russell Rd Quantico VA 22134-5103 Telephone: (703) 784-9310/9311 Fax: (703) 784-9834	NAVSO P-1778 (Rev Apr 2000) "Reference Guide To Post Government Service Employment Activities of DON Personnel"
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USMC REUNIONS



ORGANIZATION/POC	DATE	PHONE	EMAIL/WEB
Women Marines Assn. Convention Ann Crittenden, First VP WMA	29 Sep-2 Oct 2022 Las Vegas, NV		Convention@womenmarines.org 1VP@womenmarines.org
USMC F-4 Phantom Reunion Col Rick "Packrat" Packard, USMC (Ret.) LtCol W. F. "Bull" Pratt, USMC (Ret.)	25-30 Oct 2022 Dallas, TX	(352) 988-0410 (210) 441-9889	packard.rick@gmail.com prattwf@gmail.com
Vietnam Reunion 2022 Combined Action Group Eric Webb	9-14 Nov 2022 Chandler, AZ	(630) 310-0013	bulldog_8762@yahoo.com
Force Reconnaissance Association Annual Reunion MSgt Dave Jarvis, USMC (Ret.)	16-19 Nov 2022 San Antonio, TX	(760) 716-3713	Jarvisda77@gmail.com www.forcerecon.com
HMLA East Reunion (167, 269 and 467 - all years) LtCol Steve Jones, USMC (Ret.)	7-11 Dec 2022 Jacksonville, NC	(540) 642-0009	2022.hmla.reunion@gmail.com https://www.facebook.com/groups/313204624084728
11th Marine Regiment, Operation IRAQI FREEDOM I 20 Year Reunion Casey Harsh	31 Mar-1 Apr 2023	(703) 604-4219	https://www.facebook.com/groups/1308875175846955ref=share https://www.11thmarinesoifl.com/
Marine Corps Disbursing Association MGySgt Kevin Gascon (Ret.)	21-25 May 2023 Louisville, KY	(760) 458-2655	mojorisin68@hotmail.com http://www.usmcdisbursers.com
Hotel 2/7 Vietnam Veterans (1965-1970) Jerry Norris	8-11 June 2023 Oklahoma City, OK	(940) 631-7233	postalm16@hotmail.com
TBS Class 4-73 Delta Co 50th Reunion Col Bill Anderson, USMCR (Ret.) Col Bob Donaghue, USMCR (Ret.)	15-18 June 2023 Arlington, VA	(540) 850-4213 (617) 840-0267	binche57@yahoo.com ip350haven@comcast.net
WOCC 33-1 / TBS Class 1-74 Whiskey Co 50 Year Reunion Maj Tricia Byrne, USMC (Ret.)	15-19 Oct 2023 Quantico, VA	(703) 946-5789	tricia.byrne@cox.net

Note to Reunion Planners: Send your reunion events as soon as possible to our organizational mailbox (smb.manpower.mmsr6@usmc.mil) to ensure timely inclusion in this publication. We apologize for the inconvenience with any delayed or missed events due to an unforeseen change in the distribution of this publication. Visit the MCCS website (<http://www.usmc-mccs.org/reunion/>) for information on how to organize your reunion and lists of upcoming events.



**** ATTENTION ****

Wounded Warriors



We have a vacancy on the Secretary of the Navy's, Navy & Marine Corps Retiree Council (N&MCRC).

If you are a medically retired, combat wounded **enlisted** Marine, and are interested in serving on the Council, send us your resume. Include your military service and duties, your post retirement employment, and any involvement with military/retiree associations or organizations.

Submit your resume via email to: smb.manpower.mmsr6@usmc.mil
The subject of the email should be "CY23 N&MCRC APPLICATION" and
MUST be received NLT **15 OCT 2022**



Online Security and Safety

How do you know if you are at an official website of the United States government ?



Official websites use .gov as their extension.

A **.gov** website belongs to an official government organization in the United States.



A **lock** () or **https://** means you've safely connected to the **.gov** website.

Share sensitive information only on official, secure websites.



Do you have a question?

Contact: USA.gov

Ask a real person **any** government-related question for free. They'll get you the answer or let you know where to find it.

They provide addresses, phone numbers, and web sites of government offices.

Call 1-844-USAGOV1

(1-844-872-4681)

USAGov is the Official Guide to Government Information and Services

MARINE CORPS JUNIOR RESERVE OFFICER TRAINING CORPS

LEADERSHIP FOR THE FUTURE

Since its inception in 1916, the Junior Reserve Officers' Training Corps (JROTC) program has been viewed as a strong program that provides youth with much-needed skills in citizenship and leadership.

The Marine Corps Junior Reserve Officers' Training Corps (MCJROTC) is looking for a few good men and women to serve as instructors at various high schools throughout the United States and overseas. Marines selected to serve in these positions teach MCJROTC cadets discipline, self-confidence, and leadership skills required to prepare them to meet future challenges.

Marines approved to be MCJROTC instructors upon hiring, receive a stipend from the Marine Corps and the respective school system that as a minimum, when added to retirement pay, will equal full military pay and allowances.

The Commanding General, Training and Education Command, Quantico, VA, certifies MCJROTC instructor applicants. Marines may apply for approval as a MCJROTC instructor within one year of the effective date of retirement. Marines interested in serving as MCJROTC instructors can download an instructor application at <https://www.mcjrotc.marines.mil/Applications/>.

MCJROTC Instructor Qualifications

Senior Marine Instructor (SMI)

1. Officer or Warrant Officer with at least 20 years active duty, or Temporary Early Retirement Authority (TERA) program with 15 or more years active duty, who are eligible to receive retirement pay.
2. Confirmed retirement date from Manpower Management Separation and Retirement Branch.
3. Retiring or transferring to the Fleet Marine Corps Reserve (FMCR) as an Officer with at least 20 years active service and eligible for retirement pay.
4. Bachelor's Degree.
5. Competitive military record.
6. Physically qualified according to MCJROTC standards.

Marine Instructor (MI)

1. Warrant Officer (without a college Degree) or SNCO with at least 20 years active duty, or Temporary Early Retirement (TERA) program with 15 or more years of active duty and eligible to receive retirement pay.
2. Confirmed retirement date from Manpower Management Separation and Retirement Branch.
3. Retiring or transferring to the Fleet Marine Corps Reserve (FMCR) as a SNCO with at least 20 years active service and eligible for either retirement pay or retainer pay upon EAS.
4. High school graduate. Complete an Associate's Degree within 5 years of hire.
5. Competitive military record.
6. Competitive military record.
7. Physically qualified according to MCJROTC standards (see more info at www.mcjrotc.marines.mil "General" tab; then select "Downloads" to find MCJROTC Personal Appearance and Grooming Standards).

Check the MCJROTC website - <https://www.mcjrotc.marines.mil/Applications/> - to ensure you are using the most current application, previous editions WILL NOT be accepted.





2022 MILITARY RETIREE APPRECIATION DAYS



Retiree Appreciation Days are held throughout the year at various installations across the United States and Europe. Retirees and their family members are offered information on benefits and services.

DATE	LOCATION	CONTACT
1 Oct	Fort Campbell, KY	270-798-5280
1 Oct\0800-1200	Rock Island Arsenal, IL	563-508-5123
1 Oct\0730-1300	Tinker AFB, OK	405-769-5043\739-2795
6 Oct	Fairchild AFB, WA	509-247-5359
08 Oct	Travis AFB, CA	707-424-3904/3905
13 Oct	Rheinland-Pfalz\Ramstein, Germany	49-611143541102
14 Oct	Fort Knox, KY	502-624-1765
14 Oct	USAG-Benelux-Brunssum, Netherlands	31-45-534-0260
14-15 Oct	Fort Bliss, TX	915-569-6233
15 Oct /0730	NOSC Minneapolis (Welch), MN	800-231-3517\612-713-1516\4664
15 Oct	USAG, Benelux (SHAPE), Belgium	32-68-25-5581
19 Oct	USAG- Bavaria, Germany	49-9641705264430
21 Oct	Redstone Arsenal, AL	256-842-2719
21 Oct	Fort Huachuca, AZ	520-533-1120\1383\5733
22 Oct	Little Rock AFB, AR	877-815-3111\501-987-6095
22 Oct	Fort Riley, KS	785-239-3320
22 Oct	Fort Bragg (Womack AMC), NC	800-535-6067\910-396-5304

Experience camaraderie and esprit de corps at a Retiree Appreciation Day. To view these events and others visit: http://www.hostmtb.org/RADs_and_Other_Retiree-Veterans_Events.html.



HONORING OUR 2022 CENTENARIAN MARINES

100 YEARS IN THE MAKING

COLONEL

Caswell, Dean (1942 - 1968)
Kelly, Walter C. (1942 - 1974)
Knap, James S. (1942 - 1982)
Locklear, William R. (1949 - 1989)
Perina, Lambert J. (1942 - 1982)
Wallace Jr., Charles M. (1942 - 1976)

LIEUTENANT COLONEL

Bobik, Jozef (1942 - 1982)
Johnson, Tracy N. (1942 - 1966)
Mach, Thaddeus Z. (1942 - 1982)
McClure, Edwin B. (1942 - 1982)
Ritter, Leland C. (1942 - 1968)

MAJOR

Steele, Richard (1942 - 1982)
Vergote, Alton F. (1942 - 1962)

FIRST LIEUTENANT

Truex, Lowell L. (1942 - 1965)

SECOND LIEUTENANT

Burri, Donald G. (1942 - 1946)

SERGEANT MAJOR

Devlin, John P. (1943 - 1973)

MASTER GUNNERY SERGEANT

Johnson, Bernice G. (1944 - 1968)

FIRST SERGEANT

Curtin, Audry V. (1943 - 1963)

MASTER SERGEANT

Hipwell, Louis F. (1942 - 1963)

GUNNERY SERGEANT

Almonte, V. (1947 - 1967)
Wilcox, Ralph M. (1940 - 1959)

80 YEARS LATER, MARINE REMEMBERS GUADALCANAL



8 AUG 2022 | Gunnery Sgt. Cristina Bates, 1st Marine Division

PHOENIX -- In December 1941, Richard Harold Russell was 19. He was living in Michigan, going to college and enjoying his youth while being away from home. Russell can still remember the moment his life course would take a detour.

He recalls driving in his car when the news flash came on the radio, "Pearl Harbor has been attacked by the Japanese." Russell, like many other Americans, took this as a call to action. Wanting to do his part and serve his country, he left college and joined the Marines.

"At that time, it was the thing to do," stated Russell. "The Marine Corps was the most active group [at that time] so I got after it."

Precisely one month after the attack on Pearl Harbor, Russell was at Marine Corps Recruit Depot Parris Island, South Carolina, determined on his path to be a Marine. Now a private first class and a rifleman, he joined the 1st Marine Division, at that time in Norfolk, Virginia.

"It was a very quick process. I was there probably 30 days at the most," recalls Russell. "On Easter day of '42, we got aboard ship and went through the Panama Canal. We went to Samoa and we – the 7th Marines – were the defense outfit for those islands."

As time has passed, some memories have faded. But August 7, 1942, is a date Russell remembers vividly. Thousands of miles away from home on foreign soil, Russell celebrated his 20th birthday in the company of his comrades with Easy Company, 2nd Battalion, 7th Marines, in the Samoan Islands.

"I was part of a very important part of the Marine Corps. It makes me very proud. The Marine Corps taught me everything I know; respect for my superiors... just taught me to be a good man. I have had a good life."

-- Richard Harold Russell, U.S. Marine Corps World War II Veteran

1,876 miles away, the first wave of U.S. troops landed on the beaches of Guadalcanal, Solomon Islands, to secure Allied control of the island and thwart Japanese attempts to gain access to Australia and New Zealand.

Months after the Japanese attack on Pearl Harbor and many days at sea, the men of Easy Company had landed on Samoa, fully anticipating the mission ahead of them. As battles continued in the Solomon Islands and casualties mounted, the 7th Marine Regiment stood ready to join the fight.

"When we were on Samoa, we would get all the stories from the ships stopping there of what was happening on Guadalcanal. So we were fully prepared for what faced us," said Russell. "When we got aboard ship, we knew where we were going, and we were prepared for it."

By September 1, 1942, Russell and the rest of the 7th Marine Regiment were en route to Guadalcanal. In mid-September, Russell stepped onto the beaches of Guadalcanal and became a part of one of the most significant battles in 1st Marine Division's history. He can still recall the sights and sounds of war.

"The sounds – just horrible. The sounds of machine guns and rifle fire and mortars. Just a horrible experience," said Russell. "When you're in a battle like that, you're really there just thinking of survival. Eliminating the Japanese – that's all we had in mind."

Continued on page 15

Continued from page 14

A few weeks prior to Russell's unit arriving on Guadalcanal, there had been a big battle to secure a ridge surrounding the airfield. It had been fought for and secured by Edson's Raiders. The 7th Marine Regiment became responsible for holding the ridge, known as Bloody Ridge or Edson's Ridge.

"We were on Bloody Ridge with 1st Battalion, and we learned there were a bunch of [Japanese] coming from the other direction. We were asked to go man this other ridge and left 1st Battalion to man Bloody Ridge by themselves. It was difficult. But we did man the ridge," said Russell. "After a day or two on there, the Japanese hit F Company and broke through their lines. Our commanding officer gathered a bunch of cooks and whatever he could get and they went back onto the ridge and eliminated the Japanese. They restored the position."

For relentlessly manning the ridge, the Marines of 2nd Battalion, 7th Marines, received a Presidential Unit Citation, an award given to units who display extraordinary heroism in action against an armed enemy.

After that battle, Russell remembers the gruesome aftermath.

"I had the opportunity to go back behind the lines. I grabbed three or four canteens from the other guys and was filling them with water and bringing them back," explained Russell. "When I was down there, I saw a lot of Japanese all deceased. I had to walk right by them coming back."

The Division was on Guadalcanal until January 1943, when they turned over control of the island to the Army. They then boarded ships and made their way to Melbourne, Australia. Although leaving the island was a relief, said Russell, it was hard. Before leaving, they visited the cemetery at Guadalcanal and paid their respects to their fallen comrades.

Russell remembers arriving to a hero's welcome and the people of Australia regarding them as "saviors." All that, though, came at a cost.

"I learned a lot about life on Guadalcanal," Russell said. "When you see a bunch of dead bodies, and you see them deteriorating in the hot sun, it just makes you appreciate life."

Although it was bittersweet, Russell explained that they enjoyed their time in Australia. After all, there was still more fighting that awaited them. After rest and refit in Melbourne, they moved on to Cape Gloucester.

"We landed on Cape Gloucester on December 26. Our battalion was charged with establishing the beachhead and protecting it," explained Russell.

Nine days into the battle, Russell was wounded when a mortar landed near him and severely injured his knee. He was evacuated and subsequently hospitalized for approximately five months. He was awarded the Purple Heart. He later returned to Guadalcanal where the Division had now established a camp. He was examined by a doctor and deemed unfit to stay in the fight, therefore he would return stateside. Despite all he had witnessed and endured he could only think of his fellow Marines.

"I had mixed feelings," said Russell. "I hated to leave all those guys because I knew where they were going; they were headed to Peleliu. That's where I lost two of my very good friends."

Russell was ultimately discharged from the Marine Corps due to his injuries.

80 years later Russell's contributions, along with the thousands of other Marines who fought alongside him, remain a steadfast part of the Division's history and identity. Today, "GUADALCANAL" remains inscribed on the 1st Marine Division logo, along with the Southern Cross, which is the constellation under which Marines fought on Guadalcanal.

As he prepares to celebrate his 100th birthday and simultaneously commemorate the 80th anniversary of the battle that shaped his young life, he expresses gratitude for what the Corps has given him.

"I was part of a very important part of the Marine Corps. It makes me very proud," expressed Russell. "The Marine Corps taught me everything I know; respect for my superiors... just taught me to be a good man. I have had a good life."



TAPS

The Marine Corps wishes to extend heartfelt sympathy to the loved ones and friends of our fallen comrades. Because of the Privacy Act, we cannot release addresses of the next of kin. The following list includes the Marine's name, last grade held that was reported to the Defense Finance and Accounting Service, month and year of retirement, and month and year of death.

Note: In an effort to reduce erroneous listings, Semper Fidelis will only announce deaths that have been confirmed from DFAS. Telephonic reporting of deaths to MMSR-6 are first confirmed before posted in this column.

COLONEL

COOPER, WADE H. OCT 82/JAN 22
 HARVEY, DONALD L. NOV 76/NOV 21

LIEUTENANT COLONEL

FARRIS, WILLIAM E. AUG 89/NOV 21

MAJOR

ANDERSON, ROBERT V. MAR 64/JUN 22

CWO3

WINKELMANN, BRUCE AUG 91/JUL 22

FIRST SERGEANT

SUTTER, DANIEL F. NOV 12/AUG 22

GUNNERY SERGEANT

BLANTON JR., SILAS AUG 68/NOV 21
 LEWIS, CHARLES S. NOV 93/AUG 22
 NARASAKI, RICHARD JAN 11/JAN 22

LANCE CORPORAL

WILLIAMS, LARRY B. JUN 70/JUN 22

SEMPER FIDELIS MAILINGS

Due to budgetary constraints and continued product shortages, the printing and mailing of this issue of the *Semper Fidelis* newsletter will be severely delayed. The newsletter will continue to be sent out electronically from our distribution partners at DFAS as soon as it is approved for release. If you're not receiving the newsletter in this manner, please contact DFAS (1-800-321-1080) and provide them with your email address. This will ensure you don't miss out on future issues of the *Semper Fidelis*.

Thank You

Semper Fidelis staff

CHANGE TO HHG POLICY

The DOD Per Diem, Travel, and Transportation Allowance Committee has announced a change regarding the time limitation for Household Goods (HHG) shipment in connection with retirement.

This changes the time limitation in the Joint Travel Regulations (JTR) for household goods (HHG) transportation in connection with retirement, placement on the temporary disability retired list (TDRL), discharge with severance or separation pay, or involuntary release from activity duty with readjustment or separation pay. Currently, Service members are authorized to extend their HHG transportation for up to six years, but are required to request the extension on a yearly basis. Under the authority in 37 U.S.C. § 453(e), the proposed change will increase the existing time length for the movement of HHG from one year to three years from the active duty termination date. After the three-year period, requests for extensions may be approved on an annual basis not to exceed a maximum of six years. This proposed change will not apply to non-temporary storage (NTS). NTS requirements will remain as currently written in the JTR. This change is effective 24 June 2022.

To request an extension, retired Marines should contact any Distribution Management Office (DMO) or local transportation office. You will need to provide a copy of your retirement orders for the extension to be granted.

Point of contact for additional information is:

Mr. Kenny Hopkins

Distribution Management Officer
Headquarters and Service Battalion
Headquarters, U.S. Marine Corps
703.693.8541
kenny.r.hopkins@usmc.mil

Steps to Take When an Annuitant Dies

ELIGIBILITY FOR SURVIVOR BENEFIT PLAN ANNUITY PAY ENDS WITH THE DEATH OF THE ANNUITANT (BENEFICIARY)

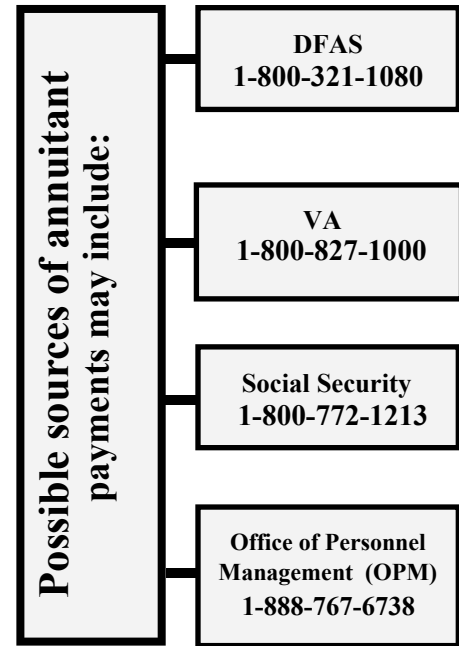
Prompt reporting of a deceased military annuitant’s death can help avoid delay and prevent possible financial hardship for the surviving family members or executors, who will be required to return any unearned payments of the decedent’s annuity pay if payment is erroneously received.

***While the VA does not provide burial benefits for annuitants, the annuitant may be eligible for burial in a military cemetery.

Follow these steps to report the death of an annuitant:

1. Call DFAS at 1-800-321-1080 to report the death and stop annuity pay.
2. Mail or fax a copy of the annuitant’s death certificate to:

DFAS - U.S. Military Annuitant Pay
8899 E. 56th Street
Indianapolis, IN 46249-1300
Fax: 1-800-982-8459
3. Inform any financial institutions receiving payments about the death of the annuitant. (Provide a copy of the death certificate when it becomes available).
4. If applicable, contact the following agencies/departments immediately to report the death:
 - **Social Security Administration:**
1-800-772-1213 www.ssa.gov
 - **Defense Enrollment Eligibility Reporting System:**
1-800-538-9552
 - **Department of Veterans Affairs:**
1-800-827-1000 (annuitants in receipt of Dependency and Indemnity Compensation)
www.va.gov



If you believe you are the victim of an error or injustice which affects your military record, you may apply for a Correction of Military Records by completing and submitting a DD Form 149, Application for Correction of Military Record. Examples of corrections include: upgraded discharge, promotions, retired pay, household goods, pay date change, bonus, and MGIB programs. DFAS pays military members when the Board for Corrections of Naval Records (BCNR) rule in their favor. If you received a decision from the BCNR and you do not agree with it, write the Board and explain your reasoning. Reference the appropriate address on page 2 of the DD Form 149. If you would like to check the status of your request contact the BCNR directly at (703) 604 - 6884 (Navy/Marine Corps). If you believe DFAS paid you incorrectly for your Correction of Record, provide documentation with a handwritten signature explaining why you are protesting the amount to:

DFAS-IN
 Dept. 3330, Attn: COR/Claims
 8899 East 56th Street
 Indianapolis, IN 46249-3300
 DFAS Inquiry Line: (317) 212-6167
 (Hours: 8:30 am to 3:30 pm, EST)

Steps to Take When a Retired Marine Dies

1. REPORT THE DEATH TO DFAS at **(888) 332-7411** to stop retirement pay and avoid indebtedness. If the retired Marine was receiving pay from another source due to a disability from the VA or civil service retirement from the Office of Personnel Management, contact that agency to return the payment. If you fail to do this, you will have to repay it later.

You may also report the death online at www.dfas.mil/retiredmilitary/forms.html. Additional information from DFAS is available at www.dfas.mil/retiredmilitary/survivors/Retiree-death.html.

For families located overseas, the commercial number is **(216) 522-5955**, select option 3 to be directed to the appropriate representative.

NOTE: DFAS will forward a confirmed death listing to Headquarters, U.S. Marine Corps (MMSR-6) for inclusion in an upcoming issue of this newsletter under the TAPS column.

2. Within 7-10 business days after reporting the death to DFAS, you should receive a letter containing the following documents:
 - a. SF1174 Claim for Unpaid Compensation of Deceased Member of the Uniformed Service
 - b. Annuity account forms and instructions (if the decedent was enrolled in the Survivor Benefit Plan or the Retired Serviceman's Family Protection Plan)
 - c. W-4P Withholding Certificate for Pension or Annuity Payments
 - d. Direct Deposit form

Complete the forms you received with your letter and return them with a copy of the retiree's death certificate that includes cause of death to:

Defense Finance and Accounting Service
U.S. Military Retired Pay
8899 E 56th Street
Indianapolis IN 46249-1200

If you need assistance completing your claim forms, please call (800) 321-1080.

3. REPORT SURVIVOR BENEFIT PLAN ELECTION, *if applicable*. Designated annuitants will receive notification from DFAS if the deceased retired Marine elected SBP. If you are uncertain whether an election was made, call DFAS at (800) 321-1080.
4. UPDATE YOUR MILITARY ID CARD. Your status has changed, and as the survivor of a deceased Marine, your ID card must be updated to reflect it due to the Marine's death. Access your nearest ID site at <https://idco.dmdc.osd.mil/idco> or call HQMC (MMSR-6) at (800) 336-4649 or (703) 784-9310 to obtain the sites closest to you.
5. NOTIFY THE SOCIAL SECURITY ADMINISTRATION at (800) SSA-1213 (www.ssa.gov) to apply for the \$255 death benefit, *if applicable*.
6. CONTACT THE VA at (800) 827-1000 FOR BURIAL AND OTHER VA BENEFITS, *such as VA disability payments*. A copy of the sponsor's DD 214 is required. Visit www.va.gov for more information.
7. CONTACT THE U.S. OFFICE OF PERSONNEL MANAGEMENT at (888)-767-6738 if the sponsor was receiving civil service pay.

MILITARY FUNERAL HONORS FOR BURIALS OUTSIDE ARLINGTON NATIONAL CEMETERY (ANC)

The funeral director (preferred) or a family member can contact the HQMC Military Funeral Honors Section at (866) 826-3628 or (703) 432-9524 to request Military Funeral Honors for a veteran. The funeral director (or family member) must be able to provide the Marine's complete name, SSN, rank, status (retired or veteran), date of birth, date of death, and place of death/interment. In addition, a copy of the Marine's DD-214 needs to be provided for verification of "honorable service". If a DD-214 is not readily available, it can be requested through the National Personnel Records Center in St. Louis, MO. The following link provides additional details:

<https://www.hqmc.marines.mil/Agencies/Casualty-MFPC/Funeral-Honors/>

MILITARY FUNERAL HONORS FOR BURIALS AT ANC

A family member will need to contact ANC directly. The following link provides information on eligibility, required documents, and additional resources for scheduling and attending funerals at ANC. Marine Barracks Washington provides Military Funeral Honors for Marine burials at ANC.

<http://www.arlingtoncemetery.mil/Funerals/Scheduling-a-Funeral>

Agencies Providing Aid and Assistance To Surviving Spouses

Arlington National Cemetery: (703) 607-8000

Gold Star Wives of America: (888) 751-6350, www.goldstarwives.org

Military Funeral Honors: (866) 826-3628 or (703) 432-9524

Navy-Marine Corps Relief Society: (703) 696-4904, www.nmcrcs.org

National Military Families Association: (800) 260-0218, www.nmfa.org

Society of Military Widows: (800) 842-3451, www.militarywidows.org/home.aspx

Tragedy Assistance Program for Survivors: (800) 959-8277, www.taps.org



SOME THINGS YOU WILL NEED TO DO:

- Gather important documents for claims processing (e.g., birth certificate, will, etc.)
- Begin to make funeral and burial arrangements
- Start claim process for applicable benefits (e.g., SBP, VA life insurance, Social Security)
- Determine immediate and short-term financial needs and income sources
- Arrange for help with legal affairs of the deceased
- Notify joint account agencies (e.g., credit cards, banks, auto registration, home/auto insurance)
- Review survivor's own legal documents for possible revision
- Obtain multiple certified death certificates (6-12 copies)

USMC Retired Services Offices

MCASYumaArizona

<http://www.mccsyuma.org/index.cfm/military-family/transition-readiness-program/>

geraldine.tirado@usmc.mil

(928) 269-3159

MCAGCC Twentynine Palms California

<http://mccs29palms.com/index.cfm/marine-family-programs/ppd/information-referral-with-relocation-services/>

nicole.horta@usmc.mil

(760) 830-6344

MCAS Miramar California

<http://www.mccsmiramar.com/retired-assistance-office/smbmiramarmccs.iandr@usmc.mil>

(858) 307-1428

MCB Camp Pendleton California

<https://www.mccscp.com/retired/>

ernesto.bulli-cruz@usmc-mccs.org

(760) 725-5704

(760) 277-4643

MCLB Barstow California

<https://www.mccsbarstow.com/irr>

irr.mclbb@usmc-mccs.org

(760) 577-6675

MCRD San Diego California

<http://www.mccsmcrd.com/retired-services-office/>

Perlita.rodriguez@usmc.mil

(619) 524-5298/5732

MCLB Albany Georgia

<http://www.mccsalbany.com/index.cfm/marineandfamily/retirees/>

raymond.breaux@usmc.mil

(229) 639-5278

MCB Camp Lejeune North Carolina

<https://www.mcieast.marines.mil/Staff-Offices/Retired-Affairs/>

luis.alers@usmc.mil

Luis J. Alers-Dejesus, (910) 451-0287

Fax: (910) 451-0677

MCAS Cherry Point North Carolina

<https://mccscherrypoint.com/programs/personal-professional-development/retired-services/>

omb.ppd@usmc-mccs.org

(252) 466-7149

MCAS/MCRD South Carolina

<https://www.mccs-sc.com/mil-fam/crmc.shtml>

parr_smb_mcrdpi_crmcpi@usmc.mil

MCRD (843) 228-4574

bfrt_crmc_trs@usmc.mil

MCAS (843) 228-7701

MCB Quantico Virginia

<https://www.quantico.usmc-mccs.org/index.cfm/marine-family/personal-professional-development/retirement-activities-office-rao/>

mccs_quantico_tamp@usmc.mil

(703) 784-2659

MCB Camp SD Butler Okinawa Japan

https://www.mccsokinawa.com/retirement_activities/

rao@okinawa.usmc-mccs.org

MCB Kaneohe Bay, Hawaii

<https://mccshawaii.com/trp/>

tennille.shields@usmc.mil

(808) 257-7796



Directory Assistance Pages

A

AMC PASSENGER TERMINAL

<http://www.amc.af.mil/Home/AMC-Travel-Site/>

ARLINGTON NATIONAL CEMETERY

(703) 607-8000

www.arlingtoncemetery.mil

ARMED FORCES RECREATION CENTERS

www.armymwr.com/travel/recreationcenters/

- **Edelweiss Lodge and Resort (Germany)**
(011-49) 8821-9440
- **Hale Koa Hotel (Hawaii):** (800) 367-6027

ARMED FORCES RETIREMENT HOMES (GULFPORT)

Gulfport, MS: (228) 897-4418

<https://www.afrh.gov/gulfport-residents>

ARMED FORCES RETIREMENT HOMES (WASHINGTON)

Washington, DC: (202) 541-7501

<https://www.afrh.gov/washington-residents>

AWARDS:

Marines who have been discharged, separated or retired on or before 1 January 2001 should submit their inquiry to:

National Personnel Record Center
Military Personnel Records
1 Archives Dr., St. Louis, MO 63138
Phone: (314) 801-0800

B

BOARD FOR CORRECTION OF NAVAL RECORDS

701 S. Courthouse Rd., Bldg. 12, Suite 1001

Arlington, VA 22204-2490

(703) 604-6884/6885; Fax: (703) 604-3437

www.donhq.navy.mil/bcncr/bcncr.htm

C

CAMP LEJEUNE NOTIFICATION REGISTRY

<https://clnr.hqi.usmc.mil/clwater>

COLD WAR RECOGNITION PROGRAM

Attn: AHRC-PDP-A, Dept. 480

1600 Spearhead Division Ave.

Fort Knox, KY 40122-5408

Fax: (800)723-9262 or (502) 613-9510

<https://www.hrc.army.mil>

Search "Cold War Certificate"

COMBAT-RELATED SPECIAL COMPENSATION

SECNAV CRSC Board

720 Kennon St. SE, Ste. 309; Washington, DC 20374-5023

(877) 366-2772, Fax: (202) 685-6610

CRSC@navy.mil

<http://www.secnnav.navy.mil/mra/CORB/pages/crscb/default.aspx>

D

DD 214s

Marines who have been discharged, separated, or retired on or before 31 December 1998:

National Personnel Records Center

1 Archives Dr., St. Louis, MO 63138

(314) 801-0800; Fax: (314) 801-9195

PR.center@nara.gov; www.archives.gov/st-louis

Marines discharged/retired/separated on or after 1 January 1999:

Commandant of the Marine Corps (MMRP)-10

2008 Elliot Rd., Quantico, VA 22134-5030

(800) 268-3710; smb.manpower.mmrp@usmc.mil

DEFENSE FINANCE AND ACCOUNTING SERVICE

(800) 321-1080, www.dfas.mil

U.S. and OCONUS: (216) 522-5955, Fax: (800) 469-6559

DFAS Special Compensation for the Severely Disabled

P.O. Box 998011; Cleveland, OH 44199-8011

(216) 522-6170

E

E-BENEFITS: <https://www.ebenefits.va.gov/ebenefits-portal/appmanager/eb/veterans>

F

Federal Employee Dental and Vision Insurance Program (FEDVIP)

(877) 888-FEDS ((877) 888-3337)

www.BENEFEDS.com/military

Federal Long Term Care Insurance Program (FLTCIP)

(800) LTC-FEDS ((800) 582-3337)

www.LTCFEDS.com/Military

M

MARINE CORPS ASSOCIATION

715 Broadway St., Quantico, VA 22134

(866) 622-1775, ext. 100, Fax: (703) 640-0162

mca@mca-marines.org

- **Leatherneck Magazine**

(800) 336-0291, ext. 115; Fax: (703) 640-0823

leatherneck@mca-marines.org

- **Marine Corps Gazette**

(800) 336-0291, ext. 144; Fax: (703) 630-9147

gazette@mca-marines.org

MARINE BARRACKS WASHINGTON

8th and I, Washington, DC, www.barracks.marines.mil



Directory Assistance Pages

MARINE CORPS HERITAGE FOUNDATION

18900 Jefferson Davis Hwy, Triangle VA 22172
(703) 640-7965 OR (800) 397-7585; info@marineheritage.org
<https://www.marineheritage.org/>

MARINE CORPS HISTORY DIVISION

Marine Corps University
2044 Broadway Street, Quantico, VA 22134-5001
(703) 432-4874, www.history.division@usmcu.edu

MARINE CORPS JUNIOR ROTC TECOM (C46JR)

1019 Elliot Rd., Quantico, VA 22134-5001
(703) 784-3706; www.mcjrotc.org

MARINE CORPS LEAGUE NATIONAL HQ

3619 Jefferson Davis Hwy, Suite 115
Stafford, VA 22554, (703) 207-9588: JFoster@MCLeague.org
(Membership Manager)

MARINE CORPS RECORDS AND PERFORMANCE (MMRP-12)

2008 Elliot Rd., Quantico, VA 22134-5030
(800) 268-3710, (703) 784-3930/4646/5616

MARINE CORPS RESERVE ASSOCIATION

3619 Richmond Hwy
Suite 115
Stafford, VA 22554-7771, (877) 289-8780, (703) 289-1204

MCCS COMMUNITY SERVICES: www.usmc-mccs.org

MEDICAL RECORDS: Marines who have been discharged/separated/retired on 1 May 1994 or later:

VA Records Management Center

P.O. Box 5020; St. Louis, MO 63115-8950
(888) 533-4558; Fax: (314) 538-4571

MEDICARE: (800) 633-4227; www.medicare.gov

N

NATIONAL MUSEUM OF THE MARINE CORPS

18900 Jefferson Davis Hwy., Triangle, VA 22172
(877) 653-1775; www.usmcmuseum.org

NATIONAL PERSONNEL RECORDS CENTER

(314) 801-0800; <https://www.archives.gov/personnel-records-center/military-personnel>

NAVY LODGE WORLDWIDE RESERVATIONS CENTER

(800) NAVY-INN; www.navy-lodge.com

NAVY-MARINE CORPS RELIEF SOCIETY

875 N. Randolph Road Street, Suite 225, Arlington, VA 22203
(800) 654-8364; <http://www.nmcrs.org>

Q

QUANTICO NATIONAL CEMETERY

(703) 221-2183; www.cem.va.gov/cems/nchp/quantico.asp

S

SISTER SERVICE RETIREE PUBLICATIONS

- **Air Force Afterburner:** <http://www.retirees.af.mil/Library/Afterburner/>
- **Army Echoes:** <https://soldierforlife.army.mil/retirement/echoes>
- **Coast Guard Evening Colors:** www.uscg.mil/ppc/retnews
- **Navy Shift Colors:** www.mynavyhr.navy.mil/Media-Center/Publications/Shift-Colors/

SOCIAL SECURITY ADMINISTRATION

(800) 772-1213; www.ssa.gov

SURVIVOR BENEFIT PLAN

www.dfas.mil/retiredmilitary/provide/sbp

T

THRIFT SAVINGS PLAN: (877) 968-3778; Fax: (216)

367-3605; TSP mailbox: ccl-mc-tsp@dfas.mil

International callers: (404) 233-4400

<https://www.tsp.gov/index.html>

TRICARE: <https://tricare.mil/>

- **East:** (800) 444-5445;
<https://www.humanamilitary.com/east/>
- **West:** (844) 866-9378;
<https://www.tricare-west.com>
- **Overseas:** (888) 777-8343;
<https://www.tricare-overseas.com>
- **Health Beneficiary Counseling Assistance Coordinator:** <https://tricare.mil/bcacdca>

TRICARE for LIFE: (866) 773-0404; www.tricare4u.com

TRICARE Network Pharmacy Program

(877) 363-1303;

<https://www.express-scripts.com/TRICARE/index.shtml>

TRICARE Pharmacy Home Delivery: (877) 363-1296;

<https://tricare.mil/homedelivery>

U

UNIFORM SUPPORT CENTER: (800) 368-4088;

Fax your DD 214 to (800) 551-6289 before placing order.

V

VA: (800) 827-1000; www.va.gov

VA EDUCATION: (888) 442-4551; www.gibill.va.gov

VA LIFE INSURANCE PROGRAMS:

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

VA SGLI/VGLI: (800) 419-1473

VA STATUS OF HEADSTONES AND MARKERS:

(800) 697-6947

HEADQUARTERS, U.S. MARINE CORPS (MMSR-6)
JAMES WESLEY MARSH CENTER
3280 RUSSELL ROAD
QUANTICO, VA 22134-5103

OFFICIAL BUSINESS
PENALTY FOR PRIVATE USE, \$300

Access your newsletter online at <https://www.hqmc.marines.mil/Agencies/Manpower-Reserve-Affairs-MMSR-6/>

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WHO TO CONTACT:



MMSR-2: (703) 784-9324/25/26
Active Duty Separations and Retirements

- **Officer**
smb.manpower.mmsr2o@usmc.mil
- **Enlisted**
smb.manpower.mmsr2e@usmc.mil

MMSR-4: (703) 784-9308/09
Disability Separations and Retirements
smb.manpower.mmsr4@usmc.mil

MMSR-5: (703) 784-9306/07
Inactive Reserve Separations and Retirements
smb.manpower.mmsr5@usmc.mil

MMSR-6: (703) 784-9311; (800) 336-4649
Fax: (703) 784-9834
Retired Services and Pay

- Address Changes (Note: Annuitants must call DFAS)
- Identification Cards
- Semper Fidelis
- Survivor Benefit Plan

smb.manpower.mmsr6@usmc.mil

