

# SEMPER FIDELIS

## NEWSLETTER FOR RETIRED MARINES



(Photo by Bill Ingalls/NASA)

### **Colonel Nicole Mann Leads NASA Spaceflight Headquarters Marine Corps, Va. October 5, 2022**

Marine Corps Col Nicole Mann successfully launched into space from Kennedy Space Center today, making history as the Corps' first woman to lead a National Aeronautics and Space Administration space flight. Mann was the first woman from the Marine Corps to join NASA in 2013 and become a mission commander of SpaceX Crew-5.

"Today marks another major milestone for the Marine Corps as we recognize the contributions of Col Mann—a proven warfighter with several dozen combat missions in Iraq and Afghanistan—and now the first female Marine to be a NASA mission commander," said Gen David H. Berger, the Commandant of the Marine Corps.

As the mission commander of SpaceX Crew-5, Mann leads a diverse crew of international astronauts and is responsible for all phases of flight, from launch to re-entry. Mann will also serve as an Expedition 68 flight engineer; the expedition starts upon the crew's launch and expands through their time at the International Space Station to conduct research and testing until they decouple from the ISS. The National Aeronautics and Space Act of 1958 authorized the Space Administration and the Department of Defense to enter into agreements allowing Marines to serve with the National Aeronautics and Space Administration.

The Marine Corps takes pride of the historic contributions and accomplishments of Col Mann in the history of the space program, following a distinguished lineage of others such as MajGen Charles F. Bolden, Col John Glenn, and LtCol Carlos Noriega, demonstrating that in "every clime and place" there are Marines.

## 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](https://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](https://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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## DHS Announces Extension of REAL ID Full Enforcement Deadline

Released by DHS.gov on December 5, 2022

### States to have additional time to meet requirements

WASHINGTON – Today, the Department of Homeland Security (DHS) announced its intent to extend the REAL ID full enforcement date by 24 months, from May 3, 2023 to May 7, 2025. Under the new regulations published to execute this change, states will now have additional time to ensure their residents have driver’s licenses and identification cards that meet the security standards established by the REAL ID Act. As required by the law, following the enforcement deadline, federal agencies, including the Transportation Security Administration (TSA), will be prohibited from accepting driver’s licenses and identification cards that do not meet these federal standards.

“DHS continues to work closely with U.S. states, the District of Columbia, and the U.S. territories to meet REAL ID requirements,” said Secretary of Homeland Security Alejandro N. Mayorkas. “This extension will give states needed time to ensure their residents can obtain a REAL ID-compliant license or identification card. DHS will also use this time to implement innovations to make the process more efficient and accessible. We will continue to ensure that the American public can travel safely.”

The extension is necessary, in part, to address the lingering impacts of the COVID-19 pandemic on the ability to obtain a REAL ID driver’s license or identification card. REAL ID progress over the past two years has been significantly hindered by state driver’s licensing agencies having to work through the backlogs created by the pandemic. Many of these agencies took various steps in response to the pandemic including automatically extending the expiration dates of driver’s licenses and identification cards and shifting operations to appointment only.

Passed by Congress in 2005 following a 9/11 Commission recommendation, the REAL ID Act establishes minimum security standards for state-issued driver’s licenses and identification cards. Security standards include incorporating anti-counterfeiting technology, preventing insider fraud, and using documentary evidence and record checks to ensure a person is who they claim to be. Under the new regulations, beginning May 7, 2025, every traveler 18 years of age or older will need a REAL ID-compliant driver’s license or identification card, state-issued enhanced driver’s license, or another TSA-acceptable form of identification at airport 1 security checkpoints for domestic air travel.

Since enactment of the REAL ID Act in 2005, advancements in technology have enabled TSA to make significant improvements in checkpoint screening, particularly in the areas of identity management, on-person screening, accessible property screening and alarm resolution. Through the deployment of technologies such as Advanced Imaging Technology (AIT), Advanced Technology (AT) X-ray, then Computed Tomography (CT), Bottled Liquids Scanners (BLS), and Credential Authentication Technology (CAT), as well as deployment of Passenger Screening Canines (PSC) and the rollout of TSA PreCheck®, TSA has continually advanced its security capabilities. TSA also increased its vetting capability through Secure Flight, a risk-based passenger prescreening program that enhances security by identifying low and high-risk passengers before they arrive at the airport by matching their names against trusted traveler lists and watch lists. REAL ID requirements will strengthen these improvements further by providing an additional layer of confidence in the identity of the traveler.

All 50 U.S. states, the District of Columbia, and four of five U.S. territories covered by the REAL ID Act and related regulations are issuing REAL ID-compliant driver’s licenses and identification cards. These standards have significantly improved the reliability and accuracy of state-issued driver’s licenses and identification cards. For more information on REAL ID, visit [www.dhs.gov/real-id](http://www.dhs.gov/real-id), and [www.tsa.gov/travel/security-screening/identification](http://www.tsa.gov/travel/security-screening/identification).

EDITOR’S NOTE: Per the DHS and TSA websites, unexpired military ID cards are acceptable alternative forms of identification and may be used in lieu of a REAL ID compliant drivers license for boarding domestic flights.



### Next Generation Uniformed Services ID Card

The Department of Defense is transitioning from its current paper-based Uniformed Services Identification (USID) card to a more secure, next generation USID card. The Next Generation USID card will incorporate an updated design and security features to deter counterfeiting and fraud, and will be printed on a plastic cardstock. Initial issuance of the Next Generation USID card began on July 31, 2020 at select DoD ID card facilities. USID cards are issued to retired and reserve members, dependent family members of Uniformed Services members, and other eligible individuals in accordance with

DoD policy to facilitate access to benefits, privileges, and DoD bases. The Next Generation USID card does not change the populations who are eligible to receive the current card. Currently-issued USID cards remain valid through their expiration date. In an effort to limit the impact on ID card issuance facilities, cards will not be reissued solely for the purpose of obtaining the Next Generation USID card. The complete transition to the new ID card is targeted for January 2026. Contact your nearest ID card facility or use ID Card Office Online, a site locator and appointment scheduler, at the link below: <https://idco.dmdc.osd.mil/idco/>.

	<h2><u>2023 Retired &amp; Annuity Pay Dates</u></h2>	
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<u>Entitlement Month</u>	<u>Retiree Pay Date</u>	<u>Annuitant Pay Date</u>
December 2022	December 30, 2022	January 3, 2023
January 2023	February 1, 2023	February 1, 2023
February 2023	March 1, 2023	March 1, 2023
March 2023	April 1, 2023	April 1, 2023
April 2023	April 29, 2023	May 2, 2023
May 2023	June 1, 2023	June 1, 2023
June 2023	July 1, 2023	July 1, 2023
July 2023	August 1, 2023	August 1, 2023
August 2022	September 1, 2023	September 1, 2023
September 2023	September 30, 2023	October 3, 2023
October 2023	November 1, 2023	November 1, 2023
November 2023	December 1, 2023	December 1, 2023
December 2023	December 30, 2023	January 3, 2024

**CONSIDER INCLUDING THE FEDERAL EMPLOYEES DENTAL AND VISION INSURANCE PROGRAM (FEDVIP) IN YOUR RETIREMENT PLAN TODAY**

FEDVIP is a voluntary, enrollee-pay-all dental and vision program available to certain retired uniformed service members, active duty family members, and survivors. FEDVIP offers a variety of dental and vision options, providing great flexibility when selecting the right coverage for you and your family.

The Federal Employee Dental and Vision Benefits Enhancement Act of 2004 provided the U.S. Office of Personnel Management (OPM) the opportunity to establish arrangements under which dental and vision benefits are made available to Federal employees, retirees, and their dependents.

This Program allows dental insurance and vision insurance to be purchased on a group basis which means competitive premiums and no pre-existing condition limitations for enrollment. Premiums for enrolled Federal and Postal employees are withheld from salary on a pre-tax basis. Enrollment takes place during the annual Federal Benefits Open Season in November and December.

**New and newly eligible employees can enroll within the 60 days after they become eligible.** Eligible employees and annuitants can choose among six nationwide and four regional dental plans, and from four nationwide vision plans. Nationwide plans also offer international coverage.

If you do not have access to a computer, call 1-877-888-FEDS (1-877-888-3337), TTY number 1-877-889-5680 to enroll or change your enrollment.

### Quick Info

Dental and Vision insurance is available to eligible Federal and Postal employees, retirees, and their eligible family members.

-  **Program Contact**  
1-877-888-3337
-  **Additional Info**  
[Application](#)
-  **Managing Agency**  
[U.S. Office of Personnel Management](#)



## Cost of Living Adjustments (COLAs)

### 2023 ADJUSTMENTS TO RETIRED/RETAINER PAY, SURVIVOR ANNUITIES AND PREMIUMS

The following Cost-of-Living Adjustments (COLAs) are effective December 1, 2022, based on the increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) through the third quarter calendar year 2022. The term "retired pay" includes retainer pay and the term "members" includes former members. Where applicable, the appropriate section of United States Code (U.S.C.) is cited.

#### COLAs for Retired Pay

1. The retired pay COLA for those who first became members of a Uniformed Service before September 8, 1980, is specified according to the effective date of their retirement, as follows:

<u>Retired Pay Based on Rates of Pay Effective</u>	<u>Percent Increase</u>	<u>10 U.S.C. Authority</u>
Before January 1, 2022	<b>8.7 percent</b>	1401a(b)(2)
January 1 – December 31, 2022	<b>7.0 percent</b>	1401a(c)

2. The retired pay COLA for those who first became members of a Uniformed Service on or after September 8, 1980, including those members covered by the High-3 or Blended Retirement System (BRS), is specified according to the effective date of their retirement, as follows:

<u>Retirement Effective:</u>	<u>Percent Increase</u>	<u>10 U.S.C. Authority</u>
Before January 1, 2022	<b>8.7 percent</b>	1401a(b)(2)
January 1 - March 31, 2022	<b>7.0 percent</b>	1401a(d)
April 1 - June 30, 2022	<b>4.4 percent</b>	1401a(d)
July 1 - September 30, 2022	<b>1.2 percent</b>	1401a(d)
October 1 - December 31, 2022	<b>0.0 percent</b>	1401a(d)

3. The retired pay COLA for those who first became members of a Uniformed Service on or after August 1, 1986, and also elected to receive a career status bonus under the provisions of Sections 322 (as in effect before January 28, 2008) or 354 of Title 37 U.S.C. is specified according to the date of their retirement, as follows:

<u>Retirement Effective</u>	<u>Percent Increase</u>	<u>10 U.S.C. Authority</u>
Before January 1, 2022	<b>7.7 percent</b>	1401a(e)
January 1 - March 31, 2022	<b>6.2 percent</b>	1401a(e)
April 1 - June 30, 2022	<b>3.9 percent</b>	1401a(e)
July 1 - September 30, 2022	<b>1.0 percent</b>	1401a(e)
October 1 - December 31, 2022	<b>0.0 percent</b>	1401a(e)



## Cost of Living Adjustments (COLAs)

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### COLAs for Survivor Annuities

4. Retired Serviceman's Family Protection Plan annuities payable on December 1, 2022, under the provisions of Subchapter I of Chapter 73, Title 10, U.S.C., to the spouse or child of a member who died on or before March 20, 1974, will be increased by **8.7 percent** (ref: 10 U.S.C. 1434 (e)).
5. Annuities under the Survivor Benefit Plan (SBP) and Reserve Component Survivor Benefit Plan (RCSBP) under the provisions of Subchapter II of Chapter 73, Title 10, U.S.C., will be increased by the same percentage specified in paragraphs 1, 2, or 3 above by which the retired pay of the person providing the annuity would have been increased at such time if the person were alive and otherwise entitled to such pay. (ref: 10 U.S.C. 1451 (g)).
6. COLAs for supplemental annuities paid to certain low income widows of members who were deceased before November 1, 1953, will be increased **8.7 percent** (ref: Public Law (P.L.) 100-456, section 653(c)).
7. Annuities for Certain Military Surviving Spouses (ACMSS) payable monthly under the provisions of section 644, P.L. 105-85, November 18, 1997, will be increased **8.7 percent** from \$286.61 to **\$311.55** effective December 1, 2022. (ref: P.L. 105-85, sec 644).

### Increase in the SBP Low-Cost Premium Threshold

8. Previous amounts with respect to which the 2.5 percent factor of the SBP premium (cost) formula apply will be adjusted effective December 1, 2022 in conjunction with the adjustments in retired pay made under the provisions of Section 1401a of Title 10, U.S.C. (ref: 10 U.S.C. 1452(a)(4)(B)). The Defense Finance and Accounting Service will perform necessary calculations to determine actual premiums based on the individual circumstances of each case.
9. The amount with respect to which the 2.5 percent factor of the SBP premium (cost) is applied will be increased **4.6 percent effective January 1, 2023**, from \$919 to **\$961**. The threshold premium is **\$24.03**. Therefore, the Low-Cost Threshold premium is **\$24.03** plus 10% of the difference between retired pay and the threshold amount. The breakeven base amount is **\$2,059.29**. (ref: 10 U.S.C. 1452(a)(4)(A)).

### Increase in the Special Survivor Indemnity Allowance (SSIA)

10. In accordance with provisions of Section 1450(m) of Title 10, U.S.C., as amended by section 621 of P.L. 115-91 and section 622 of P.L. 115-232, the offset between SBP and Department of Veterans Affairs Dependency and Indemnity Compensation (DIC) is fully eliminated effective 1 January, 2023. As such, no SSIA payments will be made from January 1, 2023, forward.



## Preview 2023 TRICARE Health Plan Coast

By TRICARE Communications November 7, 2022

FALLS CHURCH, Va. – Every year, TRICARE costs may change based on the law, the federal cost of living adjustment, changes in the cost of health care services and prescription drugs, and other factors. Depending on your TRICARE plan, you may see changes to your costs, including enrollment fees, premiums, cost-shares, and copayments next year.

“The Defense Health Agency is committed to providing quality health care to beneficiaries across the Military Health System,” said Dr. Danita Hunter, chief of TRICARE Policy and Programs. “The DHA is also committed to helping you make the right health decisions for you and your family. A big part of this is making sure you’re aware of and understand your health care costs with TRICARE.”

Below is a list of the 2023 costs for TRICARE health plans. Changes from 2022 costs are in **bold**.

TRICARE beneficiaries fall into one of two groups: Group A or Group B. What group you’re in determines your enrollment fees or premiums and any other per service out-of-pocket costs that you may have with your TRICARE plan. Premium-based health plans (TRICARE Reserve Select, TRICARE Retired Reserve, TRICARE Young Adult, and Continued Health Care Benefit Program) follow TRICARE Select Group B deductibles and applicable copayments or cost-shares.

### Annual Enrollment Fees and Annual Deductibles

Active duty service members (ADSMs) and active duty family members (ADFMs) have no enrollment fees. Retirees, their family members, and most others must pay an annual enrollment fee for TRICARE coverage. If you have TRICARE Prime, there’s no annual deductible. If you have TRICARE Select, you must spend your deductible before TRICARE cost-sharing begins.

Table 1 shows the annual enrollment fee and annual deductible for ADFMs enrolled in TRICARE Select or TRICARE Prime. TRICARE Prime includes TRICARE Prime Remote, the US Family Health Plan, and TRICARE Young Adult Prime. Changes from 2022 costs are in **bold**.

**Table 1: Calendar Year 2023 TRICARE Prime and TRICARE Select Out-of-Pocket Costs: Active Duty Family Members**

Out-of-pocket Cost		TRICARE Select		TRICARE Prime	
		Group A	Group B	Group A	Group B
Annual enrollment fee	Individual	\$0	\$0	\$0	\$0
	Family	\$0	\$0	\$0	\$0
Annual deductible	Individual (E-4 and below)	\$50	<b>\$60</b>	\$0	\$0
	Family (E-4 and below)	\$100	<b>\$121</b>	\$0	\$0
	Individual (E-5 and above)	\$150	<b>\$182</b>	\$0	\$0
	Family (E-5 and above)	\$300	<b>\$365</b>	\$0	\$0

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**Table 2: Calendar Year 2023 TRICARE Prime and TRICARE Select Out-of-Pocket Costs: Retired Service Members, Their Families, and Others**

Out-of-pocket Cost		TRICARE Select		TRICARE Prime	
		Group A	Group B	Group A	Group B
Annual enrollment fee	Individual	\$171.96	\$547.92	\$351.96	\$426
	Family	\$345	\$1,095.96	\$703.92	\$852
Annual deductible	Individual	\$150	Network: \$182 Out-of-Network: \$365	\$0	\$0
	Family	\$300	Network: \$365 Out-of-Network: \$730	\$0	\$0

**Out-of-pocket Costs (Copayments and Cost-shares)**

ADSMs don't have any out-of-pocket costs. If you're an ADFM enrolled in a TRICARE Prime plan, you won't have copayments unless you're using the [point-of-service option](#) or filling a prescription outside of a [military pharmacy](#).

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Table 3 shows TRICARE Select and TRICARE Prime network and out-of-network out-of-pocket costs for ADFMs. Changes from 2022 costs are in **bold**.

**Table 3: Calendar Year 2023 TRICARE Prime and TRICARE Select Out-of-Pocket Costs: Active Duty Family Members**

Out-of-pocket Cost	TRICARE Select		TRICARE Prime	
	Group A	Group B	Group A	Group B
Annual catastrophic cap	\$1,000	<b>\$1,217</b>	\$1,000	<b>\$1,217</b>
Preventive care visit	\$0	\$0	\$0	\$0
Primary care	Network: <b>\$25</b> Out-of-Network: 20%	Network: <b>\$18</b> Out-of-Network: 20%	\$0	\$0
Specialty care	Network: <b>\$37</b> Out-of-Network: 20%	Network: <b>\$30</b> Out-of-Network: 20%	\$0	\$0
Emergency room visit	Network: <b>\$103</b> Out-of-Network: 20%	Network: <b>\$48</b> Out-of-Network: 20%	\$0	\$0
Urgent care center visit	Network: <b>\$25</b> Out-of-Network: 20%	Network: <b>\$24</b> Out-of-Network: 20%	\$0	\$0
Ambulatory surgery	Network and Out-of-Network <b>\$25</b>	Network: <b>\$30</b> Out-of-Network: 20%	\$0	\$0
Ambulance, outpatient ground	Network: <b>\$75</b> Out-of-Network: 20%	Network: <b>\$18</b> Out-of-Network: 20%	\$0	\$0
Ambulance, outpatient air	Network and Out-of-Network: 20%	Network and Out-of-Network: 20%	\$0	\$0
Durable medical equipment	Network: 15% Out-of-Network: 20%	Network: 10% Out-of-Network: 20%	\$0	\$0
Inpatient admission	<b>\$21.30</b> per day; \$25 minimum per admission	Network: <b>\$73</b> per admission; Out-of-Network: 20%	\$0	\$0
Inpatient skilled nursing facility/rehab facility	<b>\$21.30</b> per day; \$25 minimum per admission	Network: <b>\$30</b> per day; Out-of-Network: <b>\$60</b> per day	\$0	\$0

Note: The costs for maternity (delivery and inpatient) are the same costs for inpatient admission. The costs for mental health (inpatient) are the same costs for inpatient admission. Mental health (primary care) follow the same costs as for primary care. Mental health (specialty care) follow the same costs as for specialty care.

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Table 4 shows TRICARE Select and TRICARE Prime network and out-of-network out-of-pocket costs for retirees, their families, and all others. Changes from 2022 costs are in **bold**.

**Table 4: Calendar Year 2023 TRICARE Prime and TRICARE Select Out-of-Pocket Costs: Retirees, their Families, and all Others**

Out-of-pocket Cost		TRICARE Select		TRICARE Prime	
		Group A	Group B	Group A	Group B
<b>Annual Catastrophic cap</b>		<b>\$4,028</b>	<b>\$4,262</b>	\$3,000	<b>\$4,262</b>
<b>Preventive care visit</b>		\$0	\$0	\$0	\$0
<b>Primary care</b>	Network:	<b>\$34</b>	<b>\$30</b>	<b>\$24</b>	<b>\$24</b>
	Out-of-Network: 25%				
<b>Specialty care</b>	Network:	<b>\$49</b>	<b>\$48</b>	<b>\$36</b>	<b>\$36</b>
	Out-of-Network: 25%				
<b>Emergency room visit</b>	Network:	<b>\$138</b>	<b>\$97</b>	<b>\$73</b>	<b>\$73</b>
	Out-of-Network: 25%				
<b>Urgent care center visit</b>	Network:	<b>\$34</b>	<b>\$48</b>	<b>\$36</b>	<b>\$36</b>
	Out-of-Network: 25%				
<b>Ambulatory surgery</b>	Network: 20%		<b>\$115</b>	<b>\$73</b>	<b>\$73</b>
	Out-of-Network: 25%				
<b>Ambulance, outpatient ground</b>	Network:	<b>\$100</b>	<b>\$73</b>	<b>\$48</b>	<b>\$48</b>
	Out-of-Network: 25%				
<b>Ambulance, outpatient air</b>		Network and Out-of-Network: 25%	Network and Out-of-Network: 25%	\$20	\$20
<b>Durable medical equipment</b>		Network: 20%	Network: 20%	20%	20%
<b>Inpatient admission</b>	Network	\$250/day up to 25% of hospital charges, plus 20% of separately billed services	<b>\$213</b> per admission	<b>\$182</b> per admission	<b>\$182</b> per admission
	Out-of-Network	±\$1,053/day up to 25% of hospital charges, plus 25% of separately billed services	25%	<b>\$182</b> per admission	<b>\$182</b> per admission
<b>Inpatient skilled nursing facility/rehab facility</b>		Network: \$250/day up to 25% of hospital charges, plus 20% of separately billed services; Out-of-Network: 25%	Network: <b>\$60</b> per day; Out-of-Network: lesser of <b>\$365</b> per day or 20%	<b>\$36</b> per day	<b>\$36</b> per day

This is the 2022 rate. The 2023 out-of-pocket expense will be available mid-December once the diagnosis-related group payment rates are calculated.

Note: The costs for maternity (delivery and inpatient) are the same costs for inpatient admission. The costs for mental health (inpatient) are the same costs for inpatient admission. Mental health (primary care) follow the same costs as for primary care. Mental health (specialty care) follow the same costs as for specialty care.

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**Premiums**

When enrolled in a premium-based health plan, you pay a monthly or quarterly premium.

Table 5 shows the monthly premiums for TRICARE Reserve Select, TRICARE Retired Reserve, TRICARE Young Adult Prime, and TRICARE Young Adult Select. Changes from 2022 costs are in **bold**.

**Table 5: Calendar Year 2023 TRICARE Premium-Based Health Plans Monthly Premiums**

Premium-based health plan	Member Only	Member and Family
TRICARE Reserve Select	<b>\$48.47</b>	<b>\$239.69</b>
TRICARE Retired Reserve	<b>\$549.35</b>	<b>\$1,320.76</b>
TRICARE Young Adult Prime	<b>\$570</b>	Not available
TRICARE Young Adult Select	<b>\$291</b>	Not available

Table 6 shows the quarterly premium for the Continued Health Care Benefit Program.

**Table 6: Calendar Year 2023 TRICARE Premium-Based Health Plans Quarterly Premiums**

Premium-based health plan	Member Only	Member and Family
Continued Health Care Benefit Program	<b>\$1,654</b>	<b>\$4,134</b>

Want to review your costs from last year? Visit [2022 costs](#) or go to the [TRICARE costs tool](#).

This year, TRICARE Open Season runs from Nov. 14 to Dec. 13. This is the annual period when anyone enrolled in or eligible for TRICARE Prime, US Family Health Plan, or TRICARE Select can make changes to their health care coverage. If you want to learn more about open season, including how to change and compare health plans, go to the [open season page](#). Any enrollment changes you make take effect on Jan. 1, 2023.



Camp Commando, Kuwait 2002  
Photo by Chris Helgren

# USMC REUNIONS

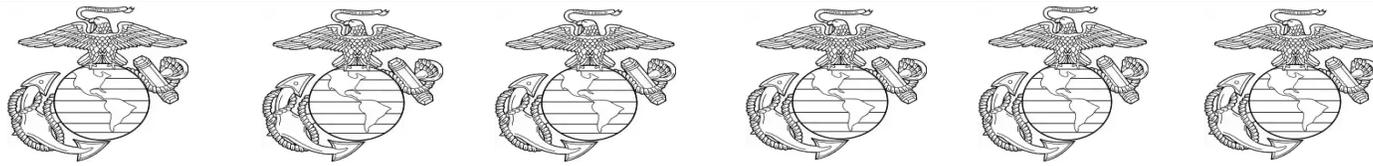


ORGANIZATION/POC	DATE	PHONE	EMAIL/WEB
11th Marine Regiment, Operation IRAQI FREEDOM I 20 Year Reunion Casey Harsh Oklahoma City, OK	31 Mar-1 Apr 2023	(703) 604-4219	<a href="https://www.facebook.com/groups/1308875175846955/?ref=share">https://www.facebook.com/groups/1308875175846955/?ref=share</a> <a href="https://www.11thmarinesoifl.com/">https://www.11thmarinesoifl.com/</a>
Marine Corps Disbursing Association MGySgt Kevin Gascon (Ret.) Louisville, KY	21-25 May 2023	(760) 458-2655	mojorisin68@hotmail.com <a href="http://www.usmcdisbursers.com">http://www.usmcdisbursers.com</a>
Hotel 2/7 Vietnam Veterans (1965-1970) Jerry Norris	8-11 June 2023	(940) 631-7233	postalm16@hotmail.com
TBS Class 4-73 Delta Co 50th Reunion Col Bill Anderson, USMCR (Ret.) Col Bob Donaghue, USMCR (Ret.) Arlington, VA	15-18 June 2023	(540) 850-4213 (617) 840-0267	binche57@yahoo.com ip350haven@comcast.net
Retiree Expo, Pacific Views Event Center Camp Pendleton, CA	9-Oct-2023, 0800-1100	760-763-1799	ernesto.bulli-cruz@usmc-mccs.org
BS Class 3-67/41st OCC Arlington, VA	26-29 Oct 2023	(559) 273-9549	pdisario@comcast.net



U.S. Marine Corps Photo by Sgt Ricky Gomez

Note to Reunion Planners: Send your reunion events as soon as possible to our organizational mailbox ([smb.manpower.mmsr6@usmc.mil](mailto: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 web site (<http://www.usmc-mccs.org/reunion/>) for information on how to organize your reunion and lists of upcoming events.



## Ask the Retired Services Officer

The Marine Corps’ Retired Services and Pay Office provides retired Marines, their dependents, and surviving beneficiaries with a broad array of services and support. Retired Services Officers (RSOs) re-search questions, provide reliable answers, and refer personnel to appropriate service providers, thus helping retirees and their families obtain the rights, benefits, and privileges to which they’re entitled.

Volunteer opportunities exist at several Retired Services Offices in CONUS and OCONUS. Check the listing of offices frequently printed in *Semper Fidelis*.

This column addresses questions and issues commonly addressed by RSOs.



U. S. Official Marine Corps Photo

**Q: As a retiree, what shopping privileges do I have at military exchanges and commissaries? Do my family members have any shopping privileges?**

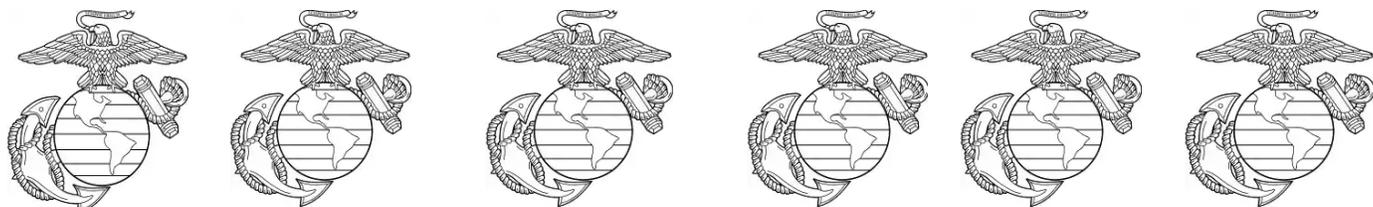
A. Commissary and exchange shopping is a valuable military benefit. Commissaries and exchanges offer quality products at competitive, tax-free prices. Thanks to online options, you don’t need to live close to a military installation to conveniently do some types of shopping.

In the U.S., military retirees and their dependent family members generally have commissary and exchange privileges. However, overseas shopping privileges differ by country. If you’re overseas, determine your commissary and exchange privileges – refer to <https://www.aafes.com/exchange-stores/overseas/> for details.

Due to current health and security concerns, access to some installations is restricted. Before you make the trip, check on the installation’s access policy. You and any family members who shop at a commissary or exchange should bring your current, unexpired DOD military or dependent ID card to access the installation and the shopping facility.

You can find the phone numbers, addresses, days and hours of operation for commissaries in the U.S. and abroad at <https://www.commissaries.com/store-locations-by-state>. If your commissary participates in the CLICK2GO program, you may shop and place your order online up to six days before your scheduled pickup. Read the info at <https://www.commissaries.com/how-CLICK2GO-works> for more information.

Go to <https://www.shopmyexchange.com/findastore> to locate an exchange and get address, phone, and business hours information. You can also shop online at <https://www.shopmyexchange.com/>. Whether you’re shopping CONUS or OCONUS, you may save even more through the Price Match Policy; get details at <https://www.aafes.com/exchange-stores/price-match/>.



## **Camp Lejeune water contamination health issues**

**By U. S. Department of Veterans Affairs October 10, 2022**

If you served at Marine Corps Base Camp Lejeune or Marine Corps Air Station (MCAS) New River in North Carolina, you may have had contact with contaminants in the drinking water there. Scientific and medical evidence has shown an association between exposure to these contaminants during military service and development of certain diseases later on. If you have qualifying service at Camp Lejeune and a current diagnosis of one of the conditions listed below, you may be able to get disability benefits.

### **Am I eligible for disability benefits from VA?**

You may be eligible for disability benefits if you meet all of these requirements.

#### **Both of these must be true:**

- You served at Camp Lejeune or MCAS New River for at least 30 cumulative days from August 1953 through December 1987, **and**
- You didn't receive a dishonorable discharge when you separated from the military

#### **And you must have a diagnosis of one or more of these presumptive conditions:**

- |   |                          |
|---|--------------------------|
| - Adult leukemia                                      | - Liver cancer           |
| - Aplastic anemia and other myelodysplastic syndromes | - Multiple myeloma       |
| - Bladder cancer                                      | - Non-Hodgkin's lymphoma |
| - Kidney cancer                                       | - Parkinson's disease    |

#### **Who's covered?**

- |             |              |
|-------------|--------------|
| - Veterans  | - Reservists |
| - Guardsmen |              |

#### **What kind of benefits can I get?**

- |               |                           |
|---------------|---------------------------|
| - Health care | - Compensation (payments) |
|---------------|---------------------------|

#### **How do I get these benefits?**

You'll need to file a claim for disability compensation and provide this evidence (supporting documents):

- Your military records showing you served at Camp Lejeune or MCAS New River for at least 30 days from August 1953 through December 1987 while on active duty, or in the National Guard or Reserves, **and**
- Medical records stating that you have 1 or more of the 8 illnesses on the presumptive conditions list (see above)

#### **You can file a claim in any of these ways:**

- File a claim online on VA.gov, **or**
- Get help from an accredited representative, like a Veterans Service Officer (VSO), **or**
- Get help at a VA regional office

**Note:** When you file, be sure to state that you're applying for one or more of the presumed Camp Lejeune illnesses, and upload evidence (like a doctor's report or medical test results).

Continued from page 14

**Are Veterans and their family members covered for health care?**

Yes. Veterans who served at Camp Lejeune or MCAS New River for at least 30 cumulative days from August 1953 through December 1987—and their family members—can get health care benefits. We may pay you back for your out-of-pocket health care costs that were related to any of these 15 conditions:

- Bladder cancer
- Esophageal cancer
- Hepatic steatosis
- Leukemia
- Miscarriage
- Myelodysplastic syndromes
- Non-Hodgkin's lymphoma
- Scleroderma
- Breast cancer
- Female infertility
- Kidney cancer
- Lung cancer
- Multiple myeloma
- Neurobehavioral effects
- Renal toxicity

**How do I get these benefits as a family member?**

You'll need to file a claim for disability compensation and provide this evidence (supporting documents).

**You must provide all of this evidence:**

- A document proving your relationship to the Veteran who served on active duty for at least 30 days at Camp Lejeune (like a marriage license, birth certificate, or adoption papers), **and**
- A document proving that you lived at Camp Lejeune or MCAS New River for at least 30 days from August 1953 through December 1987 (like utility bills, base housing records, military orders, or tax forms), **and**
- Medical records that show you have one of the 15 conditions listed above (as well as the date the illness was diagnosed and that you're being treated or have been treated in the past for this illness)

And you'll need to provide evidence that you paid health care expenses for your claimed condition during one of the time periods listed below.

**You must provide evidence of payment during one of these time periods:**

- Between January 1, 1957, and December 31, 1987 (if you lived on Camp Lejeune during this time period, we'll reimburse you for care received on or after August 6, 2012, and up to 2 years before the date of your application), **or**
- Between August 1, 1953, and December 31, 1956 (if you lived on Camp Lejeune during this time period, we'll reimburse you for care received on or after December 16, 2014, and up to 2 years before the date you apply for benefits)

**You may want to provide a Camp Lejeune Family Member Program Treating Physician Report (VA Form 10-10068b)**

You'll need to ask your doctor to fill out and sign this form before submitting it to us. We don't require this form, but it can help give us important information to determine your eligibility for benefits.

[Download VA Form 10-10068b \(PDF\)](#)

Continued from page 15

**File a claim**

Fill out the Camp Lejeune Family Member Program Application Download VA Form 10-10068 (PDF) at [https://www.va.gov/VA\\_Form\\_10-10068.pdf](https://www.va.gov/VA_Form_10-10068.pdf)

Fax it to [512-460-5536](tel:512-460-5536), or Mail it to:

**Department of Veterans Affairs**  
Financial Services Center  
PO Box 149200  
Austin, TX 78714-9200

If you need help with your application, call our Camp Lejeune Family Member program staff at 866-372-1144.

**What was in the drinking water at Camp Lejeune?**

Two on-base water wells that were shut down in 1985 had these chemicals:

- Trichloroethylene (TCE)
- Benzene
- Other compounds
- Perchloroethylene (PCE)
- Vinyl chloride

**Get more information**

- Download a fact sheet about Camp Lejeune-related benefits (PDF) at [https://www.publichealth.va.gov/docs/exposures/camp\\_lejeune\\_brochure.pdf](https://www.publichealth.va.gov/docs/exposures/camp_lejeune_brochure.pdf)

- Learn more about Camp Lejeune water contamination at <https://www.publichealth.va.gov/exposures/camp-lejeune/>

- Learn more about the Camp Lejeune Family Member program at <https://www.clfamilymembers.fsc.va.gov/>

Sign up to receive notifications from the Marine Corps with the latest updates on issues related to Camp Lejeune water contamination. Sign up for Marine Corps notifications at <https://clnr.hqi.usmc.mil/clwater/index.html>

Read about the Agency for Toxic Substances and Disease Registry public health studies and other efforts to help Marines and their families affected by Camp Lejeune water contamination. Read more from the Agency for Toxic Substances and Disease Registry at [Camp Lejeune Water Contamination Health Issues | Veterans Affairs \(va.gov\)](#)

Read a report from the National Academies of Sciences, Engineering, and Medicine. This report offers a summary of research on the historical Camp Lejeune water contamination up to 2009. at <http://dels.nas.edu/Report/Contaminated-Water-Supplies-Camp-Lejeune/12618>



## What You Should Know About RSV: Symptoms, Prevention, Care

**By TRICARE Communications** /Published Nov. 9, 2022 FALLS CHURCH, Va., You may have heard of a virus called respiratory syncytial virus, also known as RSV. RSV is a seasonal illness of special concern to children under age two, adults over age 65, and people of all ages who have a weakened immune system. Its symptoms closely resemble a cold or annual flu, so it's important to know the signs of RSV. RSV symptoms can change quickly and put patients at risk of serious illness, hospitalization, and even death. "RSV is a common virus that can affect anyone of any age, and its symptoms are generally mild and manageable," said Col. Patrick Kennedy, chief of the Armed Forces Health Surveillance Division at the Defense Health Agency. "RSV is especially dangerous for infants, especially premature infants or babies who are 6 months or younger, are at higher risk of serious disease. TRICARE encourages you to be familiar with the signs of RSV and see your health care provider if you think you or a family member has RSV."



Learn the signs of respiratory syncytial virus (RSV) and reach out to your health care provider if you think you or a family member has

### Recognizing RSV Symptoms

According to the Centers for Disease Control and Prevention (CDC), RSV symptoms can appear in stages—not all at once—about four to six days after infection. Some signals that you may have RSV usually include:

- \* Fever
- \* Runny nose
- \* Decrease in appetite
- \* Coughing
- \* Sneezing
- \* Wheezing

Signs of RSV in very young infants may be irritability, decreased activity, having a hard time breathing, and breathing apnea (pauses between breaths). The most serious symptom of RSV is difficulty breathing. If your child's breathing is rapid, as if they're trying to "catch their breath," or if you can see their ribs when they breathe, seek medical care immediately.

Continued from page 17

## **Preventing RSV**

Most children will have had RSV before age 2, but anyone can catch RSV again. RSV is highly contagious and there's currently no vaccine for the virus. Take extra care to keep infants or young children healthy, especially those who:

- \* Were born prematurely
- \* Have chronic lung or heart disease
- \* Have a weakened immune system

If you have a child that's especially high risk, talk to your child's doctor about the drug palivizumab, also known as Synagis. Developed by a military pediatrician, palivizumab is a prescription drug that can help prevent severe RSV in certain infants and children who are at high risk for severe disease. According to the CDC, while the drug can help prevent serious RSV disease, it can't help cure or treat children already suffering from serious RSV.

The CDC suggests these proactive steps to protect others and to avoid getting sick with RSV:

- \* Wash your hands often for 20 seconds with soap and water, and help young children do the same. If soap and water are unavailable, use an alcohol-based hand sanitizer.
- \* Avoid close contact with people who have cold-like symptoms.
- \* Avoid touching your eyes, nose, and mouth with unwashed hands.
- \* Always cover sneezes and coughs with a tissue or upper shirt sleeve.
- \* Clean and disinfect high-touch surfaces, such as doorknobs, toys, and mobile devices.
- \* Stay at home if you feel sick.

TRICARE encourages you to contact your health care provider if you think you or a loved one has RSV. If you need to locate a provider, visit TRICARE's Find a Doctor page. Remember urgent care and emergency care are TRICARE covered services. To learn more about RSV, visit the CDC website.



# 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.

## GENERAL

HOAR, JOSEPH P. SEP 94/SEP 22  
 NEAL, RICHARD I. NOV 98/JUN 22

## LIEUTENANT GENERAL

GARDNER JR, EMERSON N. APR 10/OCT 22  
 OLMSTEAD, STEPHEN JUL 86/JUL 22

## BRIGADIER GENERAL

GARRY III, JOHN H. OCT 85/OCT 22  
 MEAD, JAMES M. JUL 88/JULY 21  
 VAN STOCKUM, RONALD R. JUL 67/APR 22

## COLONEL

HICKERSON, ROBERT SEP 94/SEP 22  
 PIERCE, MICHAEL W. AUG 11/AUG 22

## LIEUTENANT COLONEL

BERGER, WILLIAM J. AUG 96/SEP 22  
 DAVIS, PETER K. OCT 84/SEP 22  
 DEFLEY, JOSEPH E. JR JUL 91/SEP 22  
 SIRLOUIS, IRVIN S. MAY 92/SEP 22  
 WAUNCH, DONALD S. FED 74/SEP 22  
 WILSON, JOHN P. APR 01/JUN 22  
 WINECOFF, DAVID F. JUL 83/SEP 22

## MAJOR

ANDERSON, ROBERT V. MAR 64/JUN 22  
 CLEMENCE JR., HARRY F. JUN 82/AUG 22  
 LAUBACH, ELLIS K. SEP 90/SEP 22  
 LOHMEIER, DONALD L. JUN 77/SEP 22  
 RING, PAUL E. JUN 76/SEP 22  
 SMITH, WILLIAM H. JUL 02/JUN 22  
 VANGROL III, DANIEL P. APR 74/SEP 22  
 WARREN, GRANT A. JUN 95/FEB 21  
 WHITE, WILLIAM C. JUL 64/MAR 22

## CAPTAIN

ECKERSEN, FREDERICK JUL 73/SEP 22  
 FOSTER, DONALD S. APR 72/AUG 22  
 NELSON, EDWARD A. JUN 81/JUL 22

## FIRST LIEUTENANT

DOYLE, PAUL H. OCT 68/SEP 22

## SECOND LIEUTENANT

HAMMOND, RICHARD R. JUL 53/JUL 22

## CHIEF WARRANT OFFICER 5

WARD, STEVEN F. JUN 01/OCT 22

## CHIEF WARRANT OFFICER 4

BURGESS, STEVEN R. SEP 91/SEP 22

## CHIEF WARRANT OFFICER 3

FERRIER, JAMES S. OCT 02/OCT 22  
 WINKELMANN, BRUCE AUG 91/JUL 22



Photo by LCpl Harley Robinson

Continued from page 19



# 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.

## SERGEANT MAJOR

LEJA, CHARLES D.	SEP 89/NOV 18
SANCHEZ, MANUEL J.	JUN 03/FEB 22
TOWNE, DEAN E.	SEP 84/OCT 22

## MASTER GUNNERY SERGEANT

CUPSTA, FRANK A.	OCT 76/SEP 22
HUNTER, WILLIAM H.	OCT 05/SEP 22
LATOZ, JAMES W.	JUL 81/SEP 22
PARKS, WENDELL A.	MAR 72/SEP 22
SALSBERY, ROBERT G.	JUN 77/JUL 22
SHEFFIELD, LAVON	AUG 87/SEP 22
TAYLOR, ONDRA F.	JUN 06/SEP 22

## FIRST SERGEANT

COFIELD, JIMMY L.	APR 93/SEP 22
HONAKER, MARTIN R.	JUN 74/SEP 22
HUTTO, JOHN T.	JUL 80/SEP 22
JOHNSON, CLYDE M.	JUN 74/SEP 22
MONTGOMERY, JOHN E.	JUN 87/SEP 22
PICKETT, KENNETH L.	SEP 85/OCT 22
SUTHERLAND, NOEL H.	MAY 68/APR 22
SUTTER, DANIEL F.	NOV 12/AUG 22
THIXTON, RODGER D.	DEC 91/SEP 22

## MASTER SERGEANT

BARLOW, PETER R.	MAR 89/SEP 22
DRAPER, JOSHUA L.	NOV 15/SEP 22
EELLS, ELMER T.	AUG 72/SEP 22
GLAVES, ROBERT C.	SEP 10/AUG 22
GRANT, JAMES A.	AUG 18/SEP 22
HOWELL, WILLIAM H.	FEB 79/FEB 79
LEE, RALPH C.	NOV 11/SEP 22
LOPEZ, JOHNNY B.	FEB 90/SEP 22
MARES, ARNULFO C.	SEP 89/SEP 22
MCCOY, PATRICK J.	JUL 81/AUG 22
POMEROY, JACKIE L.	DEC 95/SEP 22
REYELTS, ROBERT L.	OCT 84/OCT 22
ROBBINS, D. E.	SEP 66/SEP 22
RUSE JR, ROBERT R.	MAR 07/SEP 22

## GUNNERY SERGEANT

COLLINS, DONALD E.	OCT 75/SEP 22
FITZPATRICK JR, PETER J.	JUN 71/SEP 22
GREEN JR, FRED W.	OCT 76/OCT 22
HILL, CLAYTON W.	APR 90/SEP 22
KEMP, RAYMOND U.	AUG 75/SEP 22
KROHN, WESLEY E.	JUNE 14/ SEP 22
LEWIS, CHARLES S.	NOV 93/AUG 22
LUSSIER, RONALD G.	MAY 75/SEP 22
NAPLES, DOMINIC J.	FEB 95/NOV 21
PRICE, DONALD R.	SEP 83/JUL 22
SCARDINA, ANTHONY J.	JUN 72/FEB 22
SHEALEY, OTIS F.	JUN 76/SEP 22
ULMER, GREGORY H.	JUN 01/OCT 22

## STAFF SERGEANT

ARMENDARIZ, LAWRENCE	JUN 81/SEP 22
BENTLEY, EDWARD	AUG 02/SEP 22
CANADA, JAMES E.	DEC 69/AUG 22
KASE, LEROY W.	JUN 67/AUG 22
NEWLIN JR, J. R.	MAY 68/SEP 22
SMITH JR, EUGENE	SEP 94/JUN 22
STRONG, VIRGIL M.	DEC 68/SEP 22
TUNSTALL IV, THOMAS T.	JUL 84/SEP 22

## SERGEANT

CONNER, MACKENZIE	DEC 68/SEP 22
HARES JR, FRANK J.	JUNE 67/SEP 22

## CORPORAL

EDWARDS, BARON L.	MAR 69/SEP 22
NORMAN, JOHN W.	AUG 67/SEP 22
ROMEYN, MATTHEW W.	FEB 06/AUG 22

## LANCE CORPORAL

WILLIAMS, LARRY B.	JUN 70/JUN22
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## PRIVATE FIRST CLASS

ROMAN JR, DIMAS D.	MAY 70/SEP 22
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## PRIVATE

TRESZ, BRUCE A.	JAN 80/SEP 22
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## 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](http://www.dfas.mil/retiredmilitary/forms.html). Additional information from DFAS is available at [www.dfas.mil/retiredmilitary/survivors/Retiree-death.html](http://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](http://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](http://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.



## 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](http://www.arlingtoncemetery.mil)

#### ARMED FORCES RECREATION CENTERS

[www.armymwr.com/travel/recreationcenters/](http://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](http://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.secnav.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](mailto:PR.center@nara.gov); [www.archives.gov/st-louis](http://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](mailto:smb.manpower.mmrp@usmc.mil)

#### DEFENSE FINANCE AND ACCOUNTING SERVICE

(800) 321-1080, [www.dfas.mil](http://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](http://www.BENEFEDS.com/military)

#### Federal Long Term Care Insurance Program (FLTCIP)

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

[www.LTCFEDS.com/Military](http://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](mailto:mca@mca-marines.org)

- **Leatherneck Magazine**

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

[leatherneck@mca-marines.org](mailto:leatherneck@mca-marines.org)

- **Marine Corps Gazette**

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

[gazette@mca-marines.org](mailto:gazette@mca-marines.org)

#### MARINE BARRACKS WASHINGTON

8th and I, Washington, DC, [www.barracks.marines.mil](http://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](mailto: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](http://www.history.division@usmcu.edu)

### MARINE CORPS JUNIOR ROTC TECOM (C46JR)

1019 Elliot Rd., Quantico, VA 22134-5001  
(703) 784-3706; [www.mcjrotc.org](http://www.mcjrotc.org)

### MARINE CORPS LEAGUE NATIONAL HQ

3619 Jefferson Davis Hwy, Suite 115  
Stafford, VA 22554, (703) 207-9588: [JFoster@MCLeague.org](mailto: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](http://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](http://www.medicare.gov)

## N

### NATIONAL MUSEUM OF THE MARINE CORPS

18900 Jefferson Davis Hwy., Triangle, VA 22172  
(877) 653-1775; [www.usmcmuseum.org](http://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](http://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](http://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](http://www.uscg.mil/ppc/retnews)
- **Navy Shift Colors:** [www.mynavyhr.navy.mil/Media-Center/Publications/Shift-Colors/](http://www.mynavyhr.navy.mil/Media-Center/Publications/Shift-Colors/)

### SOCIAL SECURITY ADMINISTRATION

(800) 772-1213; [www.ssa.gov](http://www.ssa.gov)

### SURVIVOR BENEFIT PLAN

[www.dfas.mil/retiredmilitary/provide/sbp](http://www.dfas.mil/retiredmilitary/provide/sbp)

## T

**THRIFT SAVINGS PLAN:** (877) 968-3778; Fax: (216) 367-3605; TSP mailbox: [ccl-mc-tsp@dfas.mil](mailto: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//bcacdao>

**TRICARE for LIFE:** (866) 773-0404; [www.tricare4u.com](http://www.tricare4u.com)

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## U

**UNIFORM SUPPORT CENTER:** (800) 368-4088;

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## V

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**VA EDUCATION:** (888) 442-4551; [www.gibill.va.gov](http://www.gibill.va.gov)

**VA LIFE INSURANCE PROGRAMS:**

(800) 669-8477; [www.insurance.va.gov](http://www.insurance.va.gov)

**VA SGLI/VGLI:** (800) 419-1473

**VA STATUS OF HEADSTONES AND MARKERS:**

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