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DUTY HONOR COUNTRY

PROUDLY SERVED

Los Angeles Air Force Base, Retiree Activity Office NEWSLETTER JAN 1, 2017





Welcome to the Los Angeles Air Force Base Retiree Activities Office! This information is intended for use by all retired military personnel of the Air Force, Army, Navy, Marine Corps, and Coast Guard residing within the greater Los Angeles metropolitan area served by this RAO.

The RAO is an advisory function manned by volunteers and is a focal point for providing information and guidance to military retirees of all services, their family members and/or survivors. Our mission is to provide a continuous update of information helpful to retirees who reside in our assigned area of responsibility. RAO mobilizes retirees and provides volunteer assistance to active duty organizations that require such help.

We also provide assistance to those retirees in need by providing volunteers capable of responding to questions posed by retirees and their dependents on a daily basis. Retirees with questions regarding identification cards should call ID Card Customer Support at (310) 653-6556 or (310) 653-5114. Click here to [schedule an appointment](#) and verify information needed to process ID requests.

January 1, 2017 Vol 36, Issue 1 Retiree Activities Office, Los Angeles Air Force Base
Lieutenant General Samuel A. Greaves, Commander, Space and Missile Systems Center,
Air Force Space Command, Los Angeles Air Force Base, California; Col Charles P.
Roberts, Commander, 61st Air Base Group; John A. Randolph, Deputy Cdr, 61st ABG;
Chief Master Sergeant Marvin D. Gilliam, Superintendent, 61st ABG; Senior Master

Sergeant Stephen M. Shulski, First Sergeant, 61st ABG; retired Col USAF David W. McClenon, Retiree Activity Office (RAO) Director; retired Capt USAF Jim Edgerton, RAO Editor; Jerome Ginsberg, RAO Administrative Officer

Director's Comments

As we enter 2017 our thanks to the office volunteers, who entirely provide our services, (there is always room for more!) To join our newsletter please send us your email address. Some of you may not own a computer, but most of you have access to a library computer or smart phone. Once you gain access you can establish an e-mail address and send and receive electronic mail. All those reading this will have done so already, but please help other retirees get up to speed and join us and the modern world. Those with an e-mail address and smart phone we can keep informed by adding them to our newsletter distribution list.

David McClenon, Col, USAF Ret., Director



Commissary - Exchange

Visit our online store!

www.shopmyexchange.com

Commissary Hours:

1000 – 1800 hrs. Tuesday -- Sunday

Commissary is closed Mondays

BX Main Store Hours:

1000-1800 hrs. Monday -- Sunday

Want to save more? Use the [Commissary Rewards Card](#) which now has more than 1 million active users!

DFAS / myPay

1099-R

Military retirees and annuitants receive a 1099R tax statement either electronically via *myPay* or as a paper

Regular Features

Los Angeles AFB Events

Commissary - Exchange

DFAS / myPay

Social Security

TriCare & Medical

VA - Veterans Corner

Benefits Watch

Financial / Legal

Focus on Transition

FYI - News

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Newsletter Links

Los Angeles Air Force Base - Events

The SMC Annual Awards Banquet is scheduled for 24 Feb 17 and we need your help making it special!

In order to raise funds for this event, we have identified multiple opportunities for individuals to attend; Retirees are invited to participate at the show tapings at various studios around Los

Angeles. Family members are welcome to attend as well as long as they meet the age requirements, and all you have to do is show up in business casual attire and watch the show! There is typically some type of food served and a stand-up comedian performing during the taping intermissions.

copy by mail each year. The fastest and most secure way to obtain a copy of your 1099R is *myPay*. Just login and print it out; detailed instructions are at this link [myPay](#).

If you are not a *myPay* user get a 1099R copy by telephone self- service requests within 7-10 business days. Complete directions are at this link [Telephone Self-Service](#).

Need to update your mailing address and get a 1099R at the same time? The link and complete instructions are at [Ask DFAS](#).

2017 best advice from MyPay is to protect yourself. Do not share your myPay access credentials with any person or financial institution needing your W2 or pay information. DFAS reminds us that the myPay user is responsible for any resultant losses from sharing credentials and will not be reimbursed by the United States Government.

Pay / Survivor Benefit Plan (SBP) / Compensation Inquiries

Retirees - Defense Finance and Accounting Service (DFAS): (800) 321-1080

DFAS Outside US: (216) 522-5955

Retired Reservists - DFAS: (800) 325-2660

SBP / RSFPP Annuitant - DFAS: (800) 321-1080

Service Members' Group Life Insurance: (800) 419-1473

Social Security

Retirees receive both Social Security benefits and military retirement benefits. [Click here for details](#). Generally, there is no reduction of Social Security benefits because of your military retirement benefits. You'll get your full Social Security benefit based on your earnings.

VA - Veterans Corner

This is a great chance to enjoy a free live show taping while raising funds for the 2016 Annual Awards Banquet. The studio we contribute funds based on the number of attendance at an event; there is no charge at all for you, this includes parking, food, tickets....!!

Dates and times of upcoming opportunities listed below. Please note that if you are not checked in at the studio by the time listed, you will be turned away by the company and the group could lose all potential funds if we do not meet the 10 person minimum. Please allow adequate time for travel. Must be 18 years of age.

Fri. 2/3 The Ranch – Warner Bros. Studio – 4:30-10:00

Wed. 2/15 Disjointed – Warner Bros Studio – 5:00-10:30

Warner Bros Studio: 4210 W. Olive Avenue, Burbank, CA, 91505

Sat. 2/4 America's Funniest Videos – Manhattan Beach Studios– 10:30-2:30, 2:15-6:15, 5:15-9:15 Manhattan Beach Studio: 1600 Rosecrans Ave., Manhattan Beach, CA, 90266

Tues. 2/7 Last Man Standing – CBS Studio – 5:00-10:00 CBS Studio: 4024 Radford Ave, Studio City, CA, 91604

RSVPs are requested as early as possible and NLT 24 hours prior to the event. Any events with less than 10 attendees will be canceled, with a notice sent to the interested parties. For more information, contact Lt Chris Vella at 310-653-9447 or christopher.vella.1@us.af.mil. Additional



VA National Cemeteries Now Offering Pre-Need Eligibility Determinations

WASHINGTON – The Department of Veterans Affairs (VA) announced it now provides eligibility determinations for interment in a VA national cemetery prior to the time of need. Through the Pre-Need Determination of Eligibility Program, upon request, individuals can learn if they are eligible for burial or memorialization in a VA national cemetery.

“MyVA is about looking at VA from the Veterans’ perspective, and then doing everything we can to make the Veteran Experience effective and seamless,” said Secretary of Veterans Affairs Robert A. McDonald. “This new program reaffirms our commitment to providing a lifetime of benefits and services for Veterans and their families.”

Interested individuals may submit [VA Form 40-10007](#), *Application for Pre-Need Determination of Eligibility for Burial in a VA National Cemetery*, and supporting documentation, such as a DD Form 214, if readily available, to the VA National Cemetery Scheduling Office by: toll-free fax at 1-855-840-8299; email to Eligibility.PreNeed@va.gov or mail to the National Cemetery Scheduling Office, P.O. Box 510543, St. Louis, MO 63151.

[Arlington National Cemetery](#) operates independently of the VA national cemetery system.

<http://www.arlingtoncemetery.mil/Funerals/Scheduling-a-Funeral/Establishing-Eligibility/Ground-Burial>

Camp Lejeune Presumption of Service Connection

As part of VA’s ongoing commitment to provide quality care to Veterans, the Department of Veterans Affairs has established a presumption of service connection

instructions will be provided to members after they RSVP.

Los Angeles AFB Health Promotion Team

Launching [Wellness Living Your Healthiest Life Newsletter](#)

This monthly Wellness newsletter contains researched based articles along with monthly events and happenings at the Health Promotion Office of LAAFB.

STEM Volunteers Needed

STEM-ED Volunteers are needed at El Rincon Elementary School in Culter City, less than 7miles from the base. The concept involves dedicated STEM volunteers teaching a one hour hands-on STEM lesson every week to a group of 5th graders. Each lesson is designed to stress the scientific method then goes into a hands-on activity to reinforce the lesson. The more volunteers we get the more we can spread out the weekly lessons with a goal of each volunteer only needing to teach a lesson once a month.

If you would like to volunteer or have questions, please contact Lt Col Alec Porter or 2Lt Jonathan Geerts at SMC.EN.STEMOUTREACH@US.AF.MIL. This is a great way to get involved in the local community and support SMC STEM initiatives.

TriCare and Medical

[MEDICARE MILITARY HEALTH SYSTEM](#)

[TRICARE](#)

[TRICARE PHARMACY](#)

for eight diseases associated with exposure to contaminants in the water supply at Camp Lejeune, N.C. Active duty, reserve, and National Guard members who served at Camp Lejeune or MCAS New River, N.C. for a minimum of 30 days (cumulative) from August 1, 1953, through December 31, 1987, may be eligible for disability benefits. The [Camp Lejeune Healthcare web page](#) contains information on the conditions covered and application instructions.

Financial / Legal

Identity Theft Protection up to \$5 million

In June 2015, Office of Personnel Management (OPM) discovered that the background investigation records of current, former, and prospective Federal employees and contractors had been stolen including: Social Security Numbers (SSNs) of 21.5 million individuals, 19.7 million individuals that applied for a background investigation, and 1.8 million non-applicants, primarily spouses or co-habitants of applicants.

Identity monitoring services for impacted individuals provided through Winvale/CSID are ending on December 1, 2016. Another provider (opm.myIDcare) will provide coverage at no cost to your but you may need to re-enroll at this link: [OPM Cybersecurity Resource Center](#).

OPM is offering a free comprehensive suite of credit and identity monitoring, identity theft insurance, and identity restoration services worth up to \$5 million in coverage. Coverage has been extended from the 3 years authorized in 2015 to 10 years now. If you think you may be impacted, but did not get an OPM notification letter, then inquire and register through the [Cybersecurity Resource Center](#).

USAA Now Available to Retirees

USAA provides insurance, banking and investment services to the military community. To further their mission of being the provider of choice for the military community has [opened membership](#) to all military

[TRICARE RETIREE DENTAL](#)

[TRICARE FOR LIFE](#)

[MY HEALTHVET \(VA\)](#)

Watch this episode of [TRICARE TV](#) to learn about the new Health Prevention & Disease Promotion screenings now covered by TRICARE. Sign up for [TRICARE e-mail updates](#) here. The TRICARE Beneficiary Publications Office has recently updated the following publications to reflect 2017 premium rates:

[Costs and Fees Sheet](#)

[TRICARE Young Adult Fact Sheet](#)

[Costs Briefing Slides](#)

Benefits Watch

Click this link to access the new [U.S. Department of Defense \(DoD\) Wounded, Ill, and/or Injured Compensation and Benefits Handbook for Service members of the Armed Forces SEP 2016](#).

The purpose of this handbook is to provide Service members, and their support network, with a reference guide to answer some of the most pressing questions that arise for wounded, ill, and/or injured Service members. This September 2016 update replaces all previous versions, and includes a wealth of new information and available resources.

Focus on Transition

[Transition Assistance Online](#)

[Soldier for Life - Transition Assistance Program](#)

[Navy Transition GPS](#)

[70 Steps to Transition Success](#)

[Military Retirement Planning - USAA](#)

retirees and those who have honorably separated. Do you know anyone who may now be able to enjoy the benefits of membership? Tell them about us or share usaa at usaa.com/join. USAA is rated as best in USA by 15 organizations; [see their awards and rankings](#)

VA Approved Loans and GI Bill Schools

VA loans are available with up to \$424,000 in financing with \$0 down payment and no private mortgage insurance requirement. Details are at the [Military.com mortgage site](http://Military.com/mortgage/site).

The GI Bill is worth up to \$60,000. Many schools offer credit for military training and experience. Use the military.com site to search [schools with VA-approved programs](#).

RESOURCES

[DEFENSE FINANCE ACCOUNTING SERVICE \(DFAS\)](#)

[UNIFORMED SERVICES FORMER SPOUSES](#)

[PROTECTION ACT](#)

[Veterans Law Project](#)

[ABA Homefront](#) - legal resources for military families

Legislation News



WHAT COMING TRICARE CHANGES WILL AFFECT YOU?

Who's footing the bill?

In his December *On Watch* column, MOAA Government Relations Vice President Col. Dan Merry, USAF (Ret), takes a look at the changes in-store for TRICARE.

[Military Retirement Guide \(fedDesk\)](#)

[Personal Transition Checklist \(G.I. Jobs\)](#)

Military Job Skills Translators

[O*Net My Next Move for Veterans](#)

[O*Net OnLine Crosswalk Search](#)

[Dept Labor - Career OneStop](#)

[Military.com w/Monster](#)

[Veterans Opportunity to Work \(VA\)](#)

Newsletters & Links

[National Resource Directory](#) has 17,000 organized and vetted resources for service members, veterans, families, and military caregivers.

[MilitaryHub](#) - resources for all military and dependents

[Military OneSource](#) - Is designed to provide the resources available in major military bases to active duty, dependents, reservists but not retirees.

Service Specific Sites

[California Veterans Retirement Homes](#)

[Air Force Enlisted Village](#) at Eglin AFB, FL

[Navy Insider](#) - Comprehensive Benefits Guide

Military Retiree Sites:

[Air Force Retiree Services](#)

[Army Retirement Services](#)

[Coast Guard Retiree Affairs](#)

[Marine Corps Retiree Affairs](#)

[Navy Retired Activities](#)

Service Retiree Newsletters

[Army Echoes](#)

[Navy Shift Colors](#)

[Air Force Afterburner](#)

[Marine Corps Semper Fidelis](#)

COLA FIZZLES

The November Consumer Price Index takes a dive but stays in the black
Follow trends on MOAA's COLA Watch.

CONGRESS PASSES VET BILL BEFORE LEAVING FOR THE HOLIDAYS

Needed improvements coming to VA
Major VA reforms omitted, but some progress is being made.

US HOUSING ALLOWANCE RISE AVERAGES 2.4 PERCENT

Tom Philpott's column highlights locality changes for 2017
Allowances fail to keep up with housing costs for third straight year.

TOP TEN MILITARY FAMILY ISSUES IN DEFENSE BILL

Family leave changes in store
Take a look at how the defense bill affects families.

Coast Guard Evening Colors***FYI - News*****WEBSTER UNIVERSITY**

Office location: Building 272, 2nd Floor, Room C2-207 Webster University will begin the Spring 1 session the week of January 9th. Registration is still open. To see all classes available, please visit www.webster.edu/los-angeles-afb click student resources and schedules/syllabi, or contact the office for assistance, (310) 607-8005. Approved CCAF classes during Spring 1 included; Introduction to Political Theory and Psychology of Adjustment.

LA Military Charitable Fund 2017 Scholarships

The fund's scholarship program is for children of armed forces members and DoD civilian personnel who are current high school seniors or undergraduate college students. Applications are due 28 February 2017. For complete eligibility requirements or to download an application, visit lamcf.weebly.com or email lamcfscholarships@gmail.com.

Last year over \$15,000 in scholarships were awarded to 7 candidates.

CASUALTY ASSISTANCE

Social Security

Survivor Benefit Plan AF Pre-Retire

Survivor Benefits Program

Survivor Benefit Plan (DFAS)

Survivor Benefit Plan Explained

Casualty Assistance Checklist (NAUS)

*VA Pre-Need Burial Eligibility
Info Application Form*

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Our mailing address is:

Retiree Activities Office
Los Angeles Air Force Base
483 N. Aviation Blvd
Bldg. 272, Room C1-200
El Segundo, CA 90245

Phone: (310) 653-5144, DSN: 633-5144

E-mail: RAO.LAafb@gmail.com

Hours of operation: Monday-Friday 9 a.m. to 2 p.m.
Weekends, Federal holidays and AFSPC-designated "Family" Days: **Closed**

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Los Angeles AFB Retiree Activities Office (RAO)

Newsletter

March - April 2017

Duty Honor Country April 2017, Vol 37, Issue 2



Welcome to the Los Angeles Air Force Base Retiree Activities Office! This information is intended for use by all retired military personnel of the Air Force, Army, Navy, Marine Corps, and Coast Guard residing within the greater Los Angeles metropolitan area served by this RAO.

The RAO is an advisory function manned by volunteers and is a focal point for providing information and guidance to military retirees of all services, their family members and/or survivors. Our mission is to provide a continuous update of information helpful to retirees who reside in our assigned area of responsibility. RAO mobilizes retirees and provides volunteer assistance to active duty organizations requesting help.

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Retiree Activities Office (RAO), Los Angeles Air Force Base

Lt. Gen. Samuel A. Greaves, Commander, Space and Missile Systems Center; Col. Charles P. Roberts, Commander, 61st Air Base Group; John A. Randolph, Deputy Cdr., 61st ABG; Chief Master Sgt. Marvin D. Gilliam, Superintendent, 61st ABG; Senior Master Sgt. Stephen M. Shulski, First Sergeant, 61st ABG; David W. McClenon, (Col., USAF, Ret.) RAO Director; Kerry MacNeal, (Lt. Col., U.S. Army, Ret.) Publisher; Jim Edgerton (Capt., USAF, Ret.) RAO Editor; Jerome Ginsberg, (MSgt., U.S. Army, Ret.) RAO Administrative Officer

**USAF Challenge Coin
Commemorating 70 Years Of Air Power**



Delta IV With WGS-9 Nose Art



Director's Comments

With pride, I look back on the accomplishments of the Retiree Activities Office (RAO) in 2016. Our accomplishments reflect the dedication and professionalism of our retiree volunteer force in supporting the Los Angeles Air Force Base. Our 18 volunteers contribute one day a week in the office and together logged in 3,157 hours. In other words, our volunteers could have played 790 golf games or stood 132 missileer shifts in a Minuteman Silo! Our 2016 Retiree Appreciation Event, facilitated by our able volunteer Christina Silva, USMC veteran, drew 462 attendees through using many media local communication channels. Deputy Director Billie S. Land ably represented us by attending the base staff meetings. While our Administrative Officer Jerome Ginsburg, MSgt., US Army, Ret., handled external communications by organizing and issuing a weekly bulletin to our email subscribers. This committed team provided retiree support through 902 phone calls, 763 walk-ins requests for assistance, 3,449 e-mail communications and in doing so traveled 12,413 miles. In light of these accomplishments it is with great pleasure that I nominated Mr. James Edgerton Cap., USAF Ret., for the 2016 Air Force Volunteer of the Year awards program. Mr. Edgerton's endorsement by Col. Charles P. Roberts, 61st Air Base Group commander, is a testament to his hard work and ceaseless dedication to our military retirees and the Air Force!

Our newsletter continues to be well received. We deliver it to 680 subscribers by email but have a long way to go considering the LA County military retiree population is 105,223 from all 5 branches. So, I encourage you to forward this newsletter to fellow retirees and service organizations to which you belong. Also, consider calling us at 310-653-5144 to learn of the very rewarding volunteer opportunities we offer.

David McClenon, Col, USAF Ret., Director



Regular Features

Commissary - Exchange
Los Angeles AFB Events
DFAS / myPay
Focus on Transition
Social Security
Newsletters & Links
TriCare & Medical
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Newsletter Links
VA - Veterans Corner
Financial / Legal



Commissary - Exchange

Visit Our Online Store!

www.shopmyexchange.com

Commissary Hours: 1000 – 1800 hrs. Tuesday -- Sunday

Commissary is closed Mondays

Want to save more? Use the [Commissary Rewards Card](#)

BX Main Store Hours: 1000-1800 hrs. Monday -- Sunday

Veterans Online Shopping

Beginning November 11, 2017, The Commissary will be able to serve honorably discharged Veterans online with a lifelong exchange benefit. When new information is available the commissary will share it through their [Facebook](#) page or ShopMyExchange.com/veterans.

Caregiver Base Access

Did you know there is an installation access card for caregivers? If the retiree ID Card holder is incapable of shopping at Exchange or Commissary, due to a certified medical condition, a medical physician can sign a request in support of a to issue a [Patron Access Card](#). This ID Card is available at most installations including the [ID Card Facility at LAAFB](#). The patron access card allows the caregiver base access to utilize the commissary, exchange, and pharmacy.

Los Angeles Air Force Base - Events

Torrance Warbird Review

May 20, 2017, 11:00 AM to 2:00 PM. This year's City of Torrance Armed Forces Day parade focuses special attention on the proud heritage of the USAF! *Warbirds will be on display* at the Western Museum of Flight. You will have the opportunity to meet the pilots that will

fly over the parade in honor of our nation's veterans. [Click to see 2014 Torrance Warbirds video.](#)

Armed Forces Day Parade - City of Torrance

In May 2017, the City of Torrance will continue its long-standing tradition in its 58th consecutive year of hosting an Armed Forces Day Celebration and Parade to honor the sacrifices of our nation's military. The three-day celebration begins Friday, May 19 and continues through Sunday, May 21. The Parade highlight will be Saturday, May 20, [see details here](#), or call 310-328-5310.

Executive Employer Panel

May 23, 2017 Tuesday 10am to Noon at Bldg 272 Gordon Conference Center.

Learn how to navigate your way to senior leadership positions through these employer representatives for:

Lockheed Martin, SAIC, Northrop Grumman, L-3 Technologies, Los Angeles METRO, Odyssey Systems Consulting Group, and BTAS. Call 310-653-5290 to register; attendees must have base access.

Military Retiree Appreciation Day & EXPO Event

Will be held on Saturday 3 June 2017, 8am - Noon at the Gordon Conference Center with free BBQ at the Commissary!

As a reminder, retirees will need to present military I.D. to be admitted into the base, and guests need to show I.D. as well.

2017 Retiree Expo Exhibitors confirmed as of May 11 include:

- 61st Force Support Squadron, Casualty Assistance, Fitness Center & Education Office
- 61st Force Support Squadron, Fitness Center
- 61st Medical Squadron, Primary Care, Pharmacy, Dental & Business Office
- American Red Cross
- AMVETS, Post 2
- CA Dept of Veterans Affairs
- Defense Commissary Agency (DeCA)
- Defense Finance and Accounting Services (DFAS)
- Delta Dental (Tricare Retiree Dental Program)
- Dept of Veterans Affairs - Benefits, Health Care, National Cemetery & Voc Rehab
- Internal Revenue Service (IRS)
- LA County Community and Senior Services
- LAAFB Spouses' Club
- Mindful Warrior Project
- National Veterans Foundation
- Paralyzed Veterans of America
- Retiree Activities Office, Seal Beach & LAAFB
- Social Security Administration
- Space and Missile Systems, Base Legal
- Survivor Outreach Services (Bereavement)
- The Exchange
- Tierra Vista Communities
- United Health Care
- United Service Organization (USO)
- VFW Post 2075 (Hawthorne)
- Vietnam Veterans of America, South Bay, Chap 53
- Webster University

2017 RETIREE EXPO

ARMED FORCES RETIREE APPRECIATION DAY

"Retire from work, but not from life"

GORDON CONFERENCE CENTER
BBQ TO FOLLOW

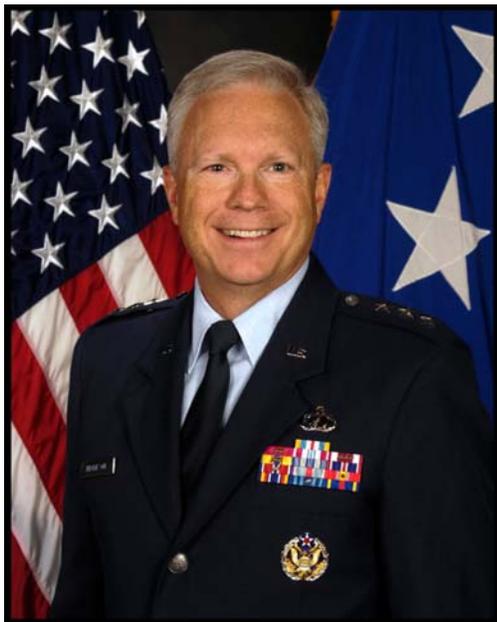
LOS ANGELES AIR FORCE BASE
200 N. DOUGLAS STREET
EL SEGUNDO, CA 90245

SATURDAY, 3 JUNE 2017
8:00 A.M. - 12 P.M.

Los Angeles Air Force Base-Retiree Activities Office
Bldg. 272, rm C1-200 | (310) 653-5144/5142 | rao.laafb@gmail.com
No Federal endorsement intended nor implied

The Space and Missile Systems Center Change of Command

You are invited to attend on Monday 22 May 2017. General John W. Raymond, Commander, Air Force Space Command, will preside. The Change of Command will commence at 1000 hours at which Lieutenant General Samuel A. Greaves [\[click for bio\]](#) will relinquish Command of the Space and Missile Systems Center to Lieutenant General John F. Thompson [\[click for bio\]](#). The Ceremony will be conducted at [Fort MacArthur Parade Ground](#), San Pedro, California 90731. Parking is available on 22nd Street; no parking is available at Fort MacArthur.



Lieutenant General John F. Thompson



Lieutenant General Samuel A. Greaves

Focus on Transition

Troops to Teachers

DFAS / myPay

DFAS Disability Calculator

Learn how retirees or veterans can get certified to teach in Los Angeles. Contact the LA Unified School District Military Liaison, Juan Puentes, at (213) 241-4571 or juan.puentes@lausd.net click [to learn more](#).

[Transition Assistance Online](#)
[Soldier for Life - Transition Assistance](#)
[Navy Transition GPS](#)
[70 Steps to Transition Success](#)
[Military Retirement Planning - USAA](#)
[Military Retirement Guide \(fedDesk\)](#)
[Personal Transition Checklist \(G.I. Jobs\)](#)

Military Job Skills Translators

[O*Net My Next Move for Veterans](#)
[O*Net OnLine Crosswalk Search](#)
[Dept Labor - Career OneStop](#)
[Military.com w/Monster](#)
[Veterans Opportunity to Work \(VA\)](#)

Newsletters & Links

Military Resources

[Military.com Discount Center](#) has coupons to save service members, families and veterans on everything from autos, hotels, merchandise, electronics and phone service to flights.

[National Resource Directory](#) has 17,000 organized and vetted resources for service members, veterans, families, and military caregivers.

[MilitaryHub](#) - resources for all military and dependents.

[DoD Benefits Handbook](#). The Department of Defense has issued a new benefits handbook titled: U.S. Department of Defense (DoD) Wounded, Ill, and/or Injured Compensation and Benefits Handbook for Service members of the Armed Forces SEP 2016.

Gold Star Mothers' Housing

There are 68 apartments in Long Beach CA reserved for mothers or step-mothers of service members MIA or KIA. Veterans have second priority. New units are being build. [Click here for details](#).

Service Specific Sites

[California Veterans Retirement Homes](#)
[Air Force Enlisted Village](#) at Eglin AFB, FL.

Military Retiree Sites:

[Air Force Retiree Services](#)
[Army Retirement Services](#)
[Coast Guard Retiree Affairs](#)
[Marine Corps Retiree Affairs](#)
[Navy Retired Activities](#)
[Navy Insider](#)

Service Retiree Newsletters

The Spring-Summer 2017 edition of the [Afterburner Newsletter](#) for USAF Retired Personnel is now available.
[Army Echoes](#)

If you are considering medically retiring and have questions about your combined post military income after medical retirement, you should check out the DFAS [Medical Retired Disability Income Estimator](#).

This personalized estimator allows you to enter your own information to approximate your total monthly compensation from Veterans Affairs (VA), Retired Pay, and Combat Related Special Compensation (CRSC). There is also a PowerPoint presentation available to learn how your total monthly compensation is computed, along with helpful links to other sites for information. The helpful calculator has up to date VA compensation benefits rates.

DFAS / MyPay Updates

Need a myPay account? [Click this link](#).

DFAS Retiree & Annuitant Pay is primarily a payroll office. They establish and maintain military retired pay and annuity accounts, and issue monthly payments to both military retirees and their eligible survivors for these payments:

- Regular and Reserve Retirement
- Temporary and Permanent Disability Retirement
- Concurrent Retirement and Disability Pay
- Combat Related Special Compensation
- Survivor Benefit Plan

Customer Service Reps available:

Toll Free 1-800-321-1080 Opt 1

Mon thru Fri – 8 a.m. to 5 p.m. (EST)

1099-R Tax Statement

Military retirees and annuitants receive a 1099R tax statement either electronically via [myPay](#) or as a paper copy by mail each year. The fastest and most secure way to obtain a copy of your 1099R is [myPay](#). Just login and print it out; detailed instructions are at this link [myPay](#).

If you are not a [myPay](#) user you can get a 1099R copy by telephone self-service request within 7-10 business days. Complete directions are at this link Telephone Self-Service. You can update your mailing address and get a 1099R at the same time at this link [Ask DFAS](#).

DFAS offers this simple advise to financially protect yourself. Do not share your myPay userid or password with any person or financial institution who requests your W2 or pay information. Instead, print or download your W2 or pay information and send it to the requester by mail or email. DFAS reminds us that, as a myPay user, you are responsible for any resultant losses from sharing userid or passwords. You will not be reimbursed by the United States Government.

Compensation Inquiries

[Retirees - Defense Finance and Accounting Service \(DFAS\)](#): (800) 321-1080

[DFAS Outside US](#): (216) 522-5955

[Retired Reservists - DFAS](#):

(800) 325-2660

[SBP / RSFPP Annuitant - DFAS](#):

(800) 321-1080

[Service Members' Group Life Insurance](#): (800) 419-1473

*Navy Shift Colors
Marine Corps Semper Fidelis
Coast Guard Evening Colors*

FYI - News

2017 AF Club Scholarships

College tuition assistance scholarships are awarded in five categories of \$7,000, \$5,000, \$3,000, \$2,000 and \$1,000. All current dues-paying Air Force Club members and their eligible dependents can apply for this scholarship. Retirees who are AF Club members may apply. [Click here for details](#). Submission dates are: WED, March 1, 2017 through midnight (CST) FRI, May 12, 2017. Either video or written submissions are accepted. The video essays requirement is between 4.5 to 5.5 minutes. The written essays requirement is between 980 - 1,020 words.



VA Mortgage Increases

The Department of Veterans Affairs has announced new loan limits for 2017, according to a [Mortgage Professional America article](#). The maximum amount for the VA Home Loan Guaranty Program for next year will be \$424,100 in most counties. In higher-cost counties, the loan limit will range from \$425,500 to \$721,050, according to the Military Times. The new limits took effect on Jan. 1 2017.

Veterans eligible for VA home loans can borrow amounts higher than the loan limits, but lenders might require them to make a down payment for the excess borrowed, according to the Military Times. The VA calculates loan limits using counties' median home values as reported by the Federal Housing Administration. Some counties' limits will increase in 2017, while others will remain the same. A few counties will see decreased, the Military Times reported.

For example, the medium price of a home in Los Angeles County is \$710,000 as reported by the [Housing and Urban Development website query](#). The FHA Mortgage Limits List reports these LA County home prices: One Family \$636,150; Two Family \$814,500; Three Family \$984,525; Four Family \$1,223,475; and median home value \$710,000. All USA States and Counties can be [searched at this HUD link](#).



Retirees receive both Social Security benefits and military retirement benefits. [Click for details](#). Generally, there is no reduction of Social Security benefits because of your military retirement benefits. You'll get your full Social Security benefit based on your earnings.

"my Social Security" Changes

Starting June 10, 2017 to sign into your "My Social Security" account the site will ask you to add either your cell phone or email address as a second identification method. No action is needed now but you might want to sign in to your account to make sure you remember your username and password. After June 10 each time you sign in to your account, you will complete two steps:

Step 1: Enter your username and password.

Step 2: Enter the security code they send you by text message or email, depending on your choice (your cell phone provider's text message and data rates may apply).

If you choose email, to ensure you receive the email with the one-time security code timely, and it does not go into your spam folder, you can add NO-REPLY@ssa.gov to your contact list. [For more details](#) click here.

TriCare and Medical

TRICARE for Retirees

When you retire from active duty you are eligible to purchase TRICARE Prime, Extra, Standard, or the US Family Health Plan. Once you reach age 65 you are no longer eligible for those programs, you can then purchase Medicare and TRICARE for Life.

If you retire from the National Guard or Reserves you can purchase TRICARE Retired Reserve until age 60. At that time you can purchase either TRICARE Prime, Standard, or Extra. At age 65 you are no longer eligible for those programs, you can then purchase Medicare and TRICARE for Life. [Click here for program details](#).

TRICARE Retiree Dental Program

The [TRICARE Retiree Dental Program](#) is a voluntary dental plan. You can enroll if you're a:

- Retired service member or family member
- Retired Guard/Reserve member or family member
- Medal of Honor recipient or family member
- Survivor

Retirees Free Eye Glasses

If you are retired military and are eligible for other medical services, you are authorized to receive the following quantities of standard issue spectacles per year (5A, 5AM or half eye frame):

- One clear pair of Bifocals/Trifocals (Multi-focals) -or- One

Don't Fall For Telephone Scams

Signs of a SCAM as reported by the Office of Personnel Management (OPM):

1. Call to demand immediate payment.
2. Demand that you pay a debt first before any appeal.
3. Request that you pay using gift cards, prepaid debit or credit cards, wire transfers, Western Union, MoneyGram, or PayPal, etc.
4. Request for credit or debit card numbers over the phone or by email.
5. Threaten referral to a Magistrate, the police, or law enforcement.

If you suspect the caller is an imposter:

- Do not engage with the callers. Simply hang-up.
- Note the date and time of the call, as well as the caller's phone number.
- Report it to OPM's Office of the Inspector General at <https://www.opm.gov/our-inspector-general>.

For Help and to Report suspected fraud:

1. Call the OIG Hotline: 877-499-7295.
2. Click to report online, Hotline Complaint Form
3. Write: OPM OIG 1900 E Street NW, Room 6400 Washington, DC 20415-1100

To obtain the The Federal Trade Commission (FTC) report on government imposter scams click on, <https://www.consumer.ftc.gov/articles/0048-government-imposter-scams>.

To report suspected fraud to the FTC click here: <https://www.ftccomplaintassistant.gov/>

Legislation News

Current Legislation in Congress

Retired Pay Restoration Act of 2015.

The status is "Introduced".

The bill allows the receipt of both military retired pay and veterans' disability compensation with respect to any service-connected disability (under current law, only a disability rated at 50% or more). Makes eligible for the full concurrent receipt of both veterans' disability compensation and either military retired pay or combat-related special pay those individuals who were retired or separated from military service due to a service-connected disability. Click for full text of [S.271](#).

Border Jobs for Veterans Act of 2015.

The status is Public Law No: 114-68.

The bill establishes a program to actively recruit members of the Armed Forces who are separating from military service to serve as CBP Officers. Click for full text of [H.R.2835](#).

Service Disabled Veteran Owned Small Business Relief Act.

The status is "Passed House".

This bill allows the surviving spouse of a service-disabled veteran, who acquires the ownership interest in

- One tinted pair of Bifocals/Trifocals if prescribed by your Optometrist/Ophthalmologist

If you choose not to request Bifocals/Trifocals, you can receive:

- One pair of Distance Vision or 1 pair of Near Vision spectacles -or-
- One pair of Distance Vision tinted spectacles if prescribed by your Optometrist/Ophthalmologist.

This service is available, at no cost, through the Naval Ophthalmic Support and Training Activity for retirees of all service branches. Order instructions and electronic forms are available at the [NOSTA website](#).

TRICARE Pharmacy Program

The TRICARE Pharmacy Program provides prescription drug coverage for all TRICARE beneficiaries. Your pharmacy contractor is Express Scripts, Inc. (Express Scripts). This means that Express Scripts will help you with coverage reviews (some drugs are only covered in certain cases), filing claims to get money back from up-front payments and other pharmacy needs.

Drugs that are covered by TRICARE are grouped into three tiers. This grouping is based on the medical and cost effectiveness of a drug compared to other drugs of the same type. When you fill a prescription, your costs will vary based on which drug you get and where you get it. You pay nothing for generic or brand-name drugs at military pharmacies, and nothing for generic drugs filled through TRICARE Pharmacy Home Delivery. You pay a copayment for brand-name drugs or generic drugs at retail pharmacies. Most often, your prescription will be filled with a generic drug, unless a brand-name drug is requested by the provider. TRICARE covers some over-the-counter drugs if you have a prescription. For more information, go to www.tricare.mil/otc.

Depending on your beneficiary status and the prescription you need, you have different options for where to fill your prescriptions. With TRICARE Pharmacy Home Delivery, your drugs are mailed to you using free standard shipping, and you can get a 90-day supply of your drug. There is no cost for active duty service members who use home delivery and no cost for all others for generic tier 1 drugs. Copayments are required for brand-name (tier 2) and nonformulary (tier 3) drugs. You will not need to file a claim for prescriptions you fill through home delivery.

You may be required to use the home delivery option for some maintenance drugs. Maintenance drugs are those you take on a regular basis, such as birth control or drugs that control blood pressure or cholesterol. To find out if your drug is a maintenance medication that requires you to use home delivery, go to www.health.mil/selectdruglist or call 1-877-363-1303. For information on switching to home delivery, visit www.express-scripts.com/TRICARE or call 1-877-363-1303. If you are not required to use home delivery, you have other options:

TRICARE retail network pharmacy

- o No claim filing but you may have a copayment per 30-day supply
- o To fill prescriptions present your military ID card or CAC Card along with your prescription

Non-network Pharmacy

- o Usually your most expensive option
- o You pay full price for prescriptions then file a reimbursement claim

Military Pharmacy

- o Usually located at a military hospital or clinic

a small business of the deceased veteran, as such veteran for purposes of eligibility for VA service-disabled small business contracting goals and preferences for: (1) 10 years after the veteran's death if such veteran was either 100% disabled or died from a service-connected disability, or (2) 3 years after such death if the veteran was less than 100% disabled and did not die from a service-connected disability. Click for full text of [H.R.1313](#).

[GI Bill STEM Extension Act of 2015](#). The status is "Introduced".

This bill authorizes the Secretary of Veterans Affairs to pay up to nine months of additional Post-9/11 Educational Assistance to a veteran who has used all of the Post-9/11 Educational Assistance to which he or she was entitled and who: (1) is enrolled in a post-secondary education program that requires more than the standard 128 semester (or 192 quarter) credit hours for completion in a specified science, technology, engineering, or mathematics (STEM) field; or (2) has earned a post-secondary degree in one of those fields and is enrolled in a teaching certification program. Click for full text of [H.R.748](#).

[Veteran's I.D. Card Act](#).

The status is Public Law No: 114-31.

This bill authorizes the VA to issue a veteran's identification card to any veteran who requests such card and is neither entitled to military retired pay nor enrolled in the VA system of patient enrollment. Requires such card, among other things, to: (1) display their name and photograph, and (2) serve as proof that the veteran honorably served in the Armed Forces and has a DD-214 form or other official document in their personnel file that describes their military service. Directs the Secretary to charge a card fee. States that such card shall not serve as proof of entitlement to any benefits. Click for full text of [H.R.91](#).

Financial / Legal

IRS Free Filing Software

These programs provide [free software for federal tax](#) preparation and e-file for taxpayers whose Adjusted Gross Income (AGI) is below \$64,000. (Use Free File Fillable Forms if your income is greater than \$64,000.) To use select a brand name software program, create an account and then the software guides you through return preparation.

Identity Theft Protection up to \$5 million

In June 2015, Office of Personnel Management (OPM) discovered that the background investigation records of 21.5 million individuals had been stolen including spouse and dependent information. OPM has extended their 3 year ID theft and restoration services to 10 years. Inquire and register or re-register through the [Cybersecurity Resource Center](#).

- o Charges nothing for a 90-day supply of most drugs
- o Accepts prescriptions from military and civilian providers, including electronic prescriptions
- o Usually does not carry tier 3 drugs



The Los Angeles Air Force Base pharmacy is located in the main lobby of the 61st Medical Squadron in Bldg. 210. The pharmacy serves active duty service members, family members, and over 200,000 retirees throughout the South Bay beach communities and greater Los Angeles metropolitan area. The Los Angeles AFB pharmacy dispenses more than 105,000 prescriptions a year, which averages 8,300 to 8,500 prescriptions a month. [Click for](#)

[Medical Squadron website](#).

The Los Angeles AFB pharmacy system will tell you when your prescriptions will be ready for pick-up. Please wait until that date and time before you attempt to pick up your order. You will have the option to pick up your refills at one of the following locations:

- The main Los Angeles AFB pharmacy
- ScriptCenter at the Army & Air Force Exchange Service's Food Court area
- Fort MacArthur which is located in San Pedro, approximately 20 miles southeast from Los Angeles AFB

Healthy Military Children Campaign

Military hospitals and clinics are getting some help in the fight against childhood obesity. The 5210 Healthy Military Children campaign, a collaboration between the Defense Department's Office for Military Community and Family Policy and the Clearinghouse for Military Family Readiness at Penn State University, provides some valuable tools in the battle. The 5210 program encourages children to get

five or more servings of fruits and vegetables a day; fewer than **two hours** of recreational time in front of a TV, tablet, portable video game, or computer screen; **one hour of exercise** each day; and **zero sugary drinks**.

Military Health System officials believe such awareness impacts readiness today, as well as the future of the force. According to Military OneSource, about 40 percent of service members have children. Many of those children follow their parents into military service. How they are cared for now is reflected in how they grow up and become functioning members of not just our military community but society as a whole. Visit [TRICARE.mil/livewell](#) for healthy tips and resources.

Los Angeles AFB Health Promotion Team

See the [Wellness Living Your Healthiest Life Newsletter](#) to get monthly newsletter research based articles along with monthly events and happenings at the Health Promotion Office of LAAFB.

LINKS

[MEDICARE MILITARY HEALTH SYSTEM](#)

[TRICARE](#)

[TRICARE PHARMACY](#)

USAA Open To Retirees

USAA provides insurance, banking and investment services to the military community. To further their mission of being the provider of choice for the military community has *opened membership* to all military retirees and those who have honorably separated. Do you know anyone who may now be able to enjoy the benefits of membership? Tell them about us or share usaa at usaa.com/join. USAA is rated as best in USA by 15 organizations; *see their awards and rankings*

RESOURCES

DEFENSE FINANCE ACCOUNTING SERVICE (DFAS)

UNIFORMED SERVICES FORMER SPOUSES

PROTECTION ACT

Veterans Law Project

ABA Homefront - legal resources for military families

TRICARE RETIREE DENTAL PROGRAM

TRICARE FOR LIFE

MY HEALTHEVET (VA)

Watch this episode of *TRICARE TV* to learn about the new Health Prevention & Disease Promotion screenings now covered by TRICARE. Sign up for *TRICARE e-mail updates* here.

The TRICARE Beneficiary Publications Office has recently updated the following publications to reflect 2017 premium rates:

Costs and Fees Sheet

TRICARE Young Adult Fact Sheet

Costs Briefing Slides

Benefits Watch

GI Bill Comparison Tool

VA's *GI Bill College Comparison Tool* has been incredibly helpful to veterans and other GI Bill beneficiaries, enabling them to get facts about schools they're considering. Thus far, the comparison tool has helped 1.74 million unique users. *Read the story here.*

Benefits You May Not Know

1. Long-term Care is expensive, but often necessary to provide care for aging relatives. Through the *Aid and Attendance Program*, many veterans are eligible to receive money to cover the cost of nursing homes, assisted living programs and other long-term care options. With the ability for couples to receive up to \$25,020 a year, the Aid & Attendance benefit will help take care of a significant portion of long-term care costs. Surviving spouses of veterans are also eligible to receive up to \$13,560 a year to cover their long-term care costs.

2. Caregiver Support is available should you choose to take care of an ailing Veteran at home, the Department of Veterans Affairs offers a *Caregiver Support Program*. While this program does not offer any monetary support to caregivers, they are provided with a free support line and a caregiver support coordinator to help navigate military benefits and the stress of care giving.

3. Death Benefits to veterans' families have a few unique benefits. A U.S. flag may be requested to drape over the casket and families may request a *Presidential Memorial Certificate* to honor the deceased loved ones service. The Department of Veterans Affairs also provides *free headstones or grave markers*.

4. Certification Programs | In addition to receiving credits to use toward a college degree, the GI Bill offers up to \$2,000 to help cover the cost of certification courses or other vocational training programs. This benefit will work well for veterans who wish to change

VA - Veterans Corner



VA Accountability Executive Order

President Donald Trump signed an executive order on April 27, 2017 as a first step in holding poorly performing employees at the *Department of Veterans Affairs* more accountable. The order also would seek to protect whistle-blowers at the VA from reprisals for reporting on wrongdoing at the VA, which serves nine million veterans annually. At a ceremony at VA headquarters, Trump, accompanied by Vice President Mike Pence, said the order would create an Office of Accountability and Whistle-blower Protection within the VA whose head would report directly to new VA Secretary Dr. David Shulkin.

"We're going to protect the people who are protecting us," said Trump, who made VA reform one of the major issues in his campaign for the White House. "We're not going to let them down," the president said. The order "makes it clear that we will never ever tolerate substandard care for our great veterans," he said but acknowledged that Congress must pass legislation to back up the order and give Dr. Shulkin the authority to bypass the due process of existing civil service rules and go beyond simply identifying wrongdoers.

VA Cemetery Eligibility Determination

WASHINGTON – The Department of Veterans Affairs (VA) announced it now provides eligibility determinations for interment in a VA national cemetery prior to the time of need. Interested individuals may submit *VA Form 40-10007, Application for Pre-Need Determination of Eligibility for Burial in a VA National Cemetery*, and supporting documentation, such as a DD Form 214, if readily available, to the VA National Cemetery Scheduling Office by: toll-free fax at 1-855-840-8299; email to Eligibility.PreNeed@va.gov or mail to the National Cemetery Scheduling Office, P.O. Box 510543, St. Louis, MO 63151. *Arlington National Cemetery* operates independently of the VA national cemetery system. Click here for *Arlington eligibility information*.

careers or pursue a career path that does not require a college degree. Read more at:
<http://militarybenefits.info/10-veterans-benefits-you-may-not-know-about/>

Casualty Assistance Links

Social Security
Survivor Benefit Plan AF Pre-Retire
Survivor Benefits Program
Survivor Benefit Plan (DFAS)
Survivor Benefit Plan Explained
Casualty Assistance Checklist (NAUS)
VA Pre-Need Burial Eligibility Info & Application Form

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Mailing Address:

Retiree Activities Office
Los Angeles Air Force Base
483 N. Aviation Blvd
Bldg. 272, Room C1-200
El Segundo, CA 90245

Phone: (310) 653-5144, DSN: 633-5144

E-mail: rao.laafb@gmail.com

website: <http://www.losangeles.af.mil/Home/Retiree-Affairs-Office/>

Hours of operation: Monday-Friday 9 a.m. to 2 p.m.

Weekends, Federal holidays and Air Force Base designated "Family" Days: **Closed**

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Los Angeles AFB Retiree Activities Office (RAO)

Newsletter

May - July 2017

Duty Honor Country

Vol 37, Issue 3



Welcome to the Los Angeles Air Force Base Retiree Activities Office! This information is intended for use by all retired military personnel of the Air Force, Army, Navy, Marine Corps, and Coast Guard residing within the greater Los Angeles metropolitan area served by this RAO. The RAO is an advisory function manned by volunteers and is a focal point for providing information and guidance to military retirees of all services, their family members and/or survivors. Our mission is to provide a continuous update of information helpful to retirees who reside in our assigned area of responsibility. RAO mobilizes retirees and provides volunteer assistance to active duty organizations requesting help.

We also provide assistance to those retirees in need by providing volunteers capable of responding to questions posed by retirees and their dependents on a daily basis. Retirees with questions regarding identification cards should call ID Card Customer Support at (310) 653-6556 or (310) 653-5114. Click here to [schedule an appointment](#) and verify information needed to process ID requests.

Retiree Activities Office (RAO), Los Angeles Air Force Base

Lt. Gen. John F. Thompson, Commander, Space and Missile Systems Center; Col. Charles P. Roberts, Commander, 61st Air Base Group; Lt. Col. Keith S. White, Deputy Commander, 61st ABG; John A. Randolph, Deputy Director, 61st ABG; Chief Master Sgt. Marvin D. Gilliam, Superintendent, 61st ABG; Senior Master Sgt. Jason M. Fitts, First Sergeant, 61st ABG; David W. McClenon, (Col. USAF, Ret.) RAO Director; Kerry MacNeal, (Lt. Col. U.S. Army, Ret.) Publisher; Jim Edgerton (Capt. USAF, Ret.) RAO Editor; Jerome Ginsberg, (MSgt. U.S. Army, Ret.) RAO Administrative Officer



USAF launches National Reconnaissance Office satellite Vandenberg AFB March 1, 2017

Director's Comments

The Retiree Activities Office motto is "still serving". We do this by being your advocate to the Air Force Retiree Council. The Council is the link between members of the Air Force retiree community -- retirees, family members and surviving spouses living throughout the world -- and the Air Force chief of staff. The Retiree council's 13 members represent geographic areas within the continental United States, and one representative each from the Pacific and European areas. We welcome the suggestions of our local retirees and pass them along to the Air Force Retiree Council Area Representatives. Your comments help us ensure you receive adequate LAAFB installation command support.

Let me express my personal admiration and gratitude for retiree volunteerism -- especially to you who are Continuing to Serve by helping our fellow retired members and their spouses navigate their way through the often very different processes of today's installations. You can volunteer from your home or the base by calling us at 310-653-5144.

David McClenon, Col, USAF Ret., Director



Regular Features

- Commissary - Exchange**
- Los Angeles AFB Events**
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- Focus on Transition**
- Social Security**
- Newsletters & Links**
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- Benefits Watch**
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- Newsletter Links**
- VA - Veterans Corner**
- Financial / Legal**



Commissary - Exchange

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www.shopmyexchange.com

Commissary Hours: 1000 -- 1800 hrs. Tuesday -- Sunday

Commissary is closed Mondays

Want to save more? Use the [Commissary Rewards Card](#)

BX Main Store Hours: 1000-1800 hrs. Monday -- Sunday

Veteran Exchange Online Shopping NOV 11, 2017

The Department of Defense's military exchange services prepare to welcome potentially 13 million honorably **discharged Veterans** back to their military families this coming Veteran's Day. Veterans may log onto VetVerify.org, which will use information from DoD's Defense Manpower Data Center's records and inform them of their ability to access this new benefit. If a Veteran's record has character of service data and that data meets the criteria for the online benefit, the Veteran will be verified to shop. Then, beginning on Nov. 11, the Veteran can log onto to the Air Force, Army, Coast Guard, Marine Corps and Navy Exchange websites at shopmyexchange.com (Army and Air Force Exchange), shopcgx.com (Coast Guard Exchange), mymcx.com (Marine Corps Exchange) and mynavyexchange.com (Navy Exchange) for tax-free shopping. If a Veteran's information is incomplete, VetVerify.org will provide guidance on next steps.

New Commissary Brands

Defense Commissary Agency brands will be sold under two names: Freedom's Choice for food items and HomeBase for nonfood items such as paper products and other household items. Products will definitely cost less than regular national brands.

Los Angeles Air Force Base - Events

STEM Outreach Events

Here are opportunities to support upcoming Science, Technology, Engineering, and Math STEM Outreach Events.

Boy Scout Troop 724 Base Visit - looking for engineers to discuss their careers and the SMC program they currently support. Also looking for volunteers to support the Scouts in a pneumatic rocket launch activity. The discussion and activity supports the Scouts in earning their engineering merit badge.

Los Angeles World Airport Aviation Careers Academy Base Visit - looking for volunteers to discuss aviation and/or space career opportunities in the Air Force to a group of 7th-9th graders.

Los Angeles World Airport Aviation Careers Academy Base Visit - looking for volunteers to discuss aviation and/or space career opportunities in the Air Force to a group of 10th-12th graders.

LAAFB Youth Services - is expanding their STEM curriculum for the base's youth population. We have brought in VEX robotics kits and are looking for volunteers to help the students get started experimenting and building down at Fort Mac. VEX provides online resources to help students get up to speed on the kits and volunteers will help guide the students.

Contact the STEM Outreach POC: 310-653.2079 to support any of these activities.



By Airman 1st Class Caleb Worpel, 56th Fighter Wing Public Affairs / Published August 18, 2017

Solar Eclipse viewing LAAFB

The best solar eclipse to be visible in totality within a band across the entire contiguous United States in nearly 100 years is nearly here! On Monday, 21 Aug 17 a solar safe telescope, binoculars, viewing cards, etc. will be available in the Schriever Courtyard, just outside the Gordon Conference Center (Bldg. 270) beginning around 9 a.m. A live telescope streaming of the eclipse may be available through GCC live or on the monitors in GCC Area 3.

All are welcome to stop by and participate. The last time a total solar eclipse was visible across the entire contiguous United States was during the June 8, 1918 eclipse. It's common sense not to stare directly at the Sun with your naked eyes or risk damaging your vision, and that advice holds true for a partially eclipsed Sun. NASA has coordinated with medical and science professionals to provide additional safety information. For details, visit: <https://eclipse2017.nasa.gov/safety>. NASA Television is also offering a special live program, "Eclipse Across America", to access interactive web content visit: <https://www.nasa.gov/eclipselive>.

Focus on Transition

LAAFB The Exchange Hiring Retirees

Contact the Human Resources Office, Anna Contreras, 310-414-9404 x204, [or apply on-line](#), if you are interested in flexible schedule part-time positions at the Army - Air Force Exchange on post. Veterans and family members are always welcome to apply as well.

DFAS / myPay

Need A MyPay Account?

Don't have a myPay account? Get one today at: <http://www.dfas.mil/retiredmilitary/newsevents/newsletter/createmypayacct.html>

DFAS Retiree & Annuitant Pay is primarily a payroll office. They establish and maintain military retired pay and annuity accounts, and issue monthly payments to both military retirees and their eligible survivors.

- Regular and Reserve Retirement payments
- Temporary and Permanent Disability Retirement payments
- Concurrent Retirement and Disability Pay
- Combat Related Special Compensation payments

Troops to Teachers

[Transition Assistance Online](#)

[Soldier for Life - Transition Assistance](#)

[Navy Transition GPS](#)

[70 Steps to Transition Success](#)

[Military Retirement Planning - USAA](#)

[Military Retirement Guide \(fedDesk\)](#)

[Personal Transition Checklist \(G.I. Jobs\)](#)

Military Job Skills Translators

[O*Net My Next Move for Veterans](#)

[O*Net OnLine Crosswalk Search](#)

[Dept Labor - Career OneStop](#)

[Military.com w/Monster](#)

[Veterans Opportunity to Work \(VA\)](#)

Newsletters & Links**Military Resources**

[National Resource Directory](#) has 17,000 organized and vetted resources for service members, veterans, families, and military caregivers.

[MilitaryHub](#) - resources for all military and dependents.

[DoD Benefits Handbook](#). The Department of Defense has issued a new benefits handbook titled: U.S. Department of Defense (DoD) Wounded, Ill, and/or Injured Compensation and Benefits Handbook for Service members of the Armed Forces SEP 2016.

Gold Star Mothers' Housing

There are 68 apartments located in [Gold Star Manor](#), Long Beach, CA 90810.

California Department of Veterans Affairs -

Provides information on state and federal government benefits for veterans, including available home loans, job opportunities, veteran homes, college grants and newsletters on women and minority veterans. http://www.cdva.ca.gov/CA_Veterans_Resource_Book_2016.pdf

Troops to College – Provides information from California county veteran affairs offices for veterans and active-duty military personnel seeking to achieve educational and general life goals. The website shows the campuses served in Los Angeles and other counties. www.troopstocollege.ca.gov/county-offices.asp

LA County Dept of Veterans Affairs

Learn about counseling services and assistance available to veterans from the Los Angeles county

• Survivor Benefit Plan

Customer Service Reps available: Toll Free 1-800-321-1080 Opt 1

The mailing address for Retired and Annuitant mail correspondence has changed to:

Defense Finance and Accounting Service

U.S. Military Retired Pay

8899 E 56th Street

Indianapolis IN 46249-1200

(Annuitant Pay address is the same except for zip code of 46249-1300)

Military retirees and annuitants can use the mailing address to submit any of the following information:

- Written requests for 1099R Forms (Retiree tax statement)
- Change Survivor benefit Plan information
- Correct a 1099R (Retiree Tax Statement)
- Establish a Retired Pay account
- Manage Arrears of Pay (AOP) Beneficiary designation
- Manage allotments
- Report a retiree's death
- Report a Survivor Benefit Plan beneficiary's death
- Submit a retiree or annuitant change of address
- Start/change Direct Deposit
- Start international Direct Deposit enrollment

Beware Bogus Email Messages

Several myPay customers have informed DFAS that fraudulent SmartDocs email messages are being sent that could put your information and finances at risk. The reported invalid emails contain what appears to be from a valid SmartDocs email address. The originators of these emails have "spoofed" their messages to hide their true origin and placed the SmartDocs address in the "From" line to make the email appear legitimate.

Valid SmartDocs messages from DFAS are always sent in plain text, do not include attachments and do not ask you to send any information in response. Your email program may automatically convert a valid SmartDocs message into HTML and convert some text into clickable links. DFAS recommends that you DO NOT click on any links within any email message. To access a site referenced in an email, open your browser and type the link (URL) directly into the browser. Don't get fooled.

If you receive a SmartDocs message that contains a link, don't click on it. If a URL is listed in the message type it in manually within your browser. Delete unexpected or unsolicited messages that contain attachments or that request you to send information back. Becoming a victim is easy. Utilizing a few basic precautions with email handling are critical to protecting your information, finances and identity. Find other ways to keep yourself safe online at <https://www.dfas.mil/pressroom/onlineprotection.html>.

Compensation Inquiries

[Retirees - Defense Finance and Accounting Service \(DFAS\)](#): (800) 321-1080

[DFAS Outside US](#): (216) 522-5955

[Retired Reservists - DFAS](#):

(800) 325-2660

[SBP / RSFPP Annuitant - DFAS](#):

(800) 321-1080

[Service Members' Group Life Insurance](#): (800) 419-1473

Department of Veterans Affairs.

http://dmva.co.la.ca.us/departments_services.htm

Network of Care

Provides veterans and service members information on community services and networks that offer support to returning veterans. This portal was developed as a joint venture of the state, counties and the nonprofit Trilogy Integrated Resources.

[www.networkofcare.org/index2.cfm?](http://www.networkofcare.org/index2.cfm?productid=1&stateid=6)

[productid=1&stateid=6](http://www.networkofcare.org/index2.cfm?productid=1&stateid=6)

Armed Forces Vacation Club

The Armed Forces Vacation Club is a space-available program offering Department of Defense-affiliated people affordable condominium vacations at more than 3,500 resorts worldwide. For more information, visit <http://www.afvclub.com/>.

Service Specific Sites

[California Veterans Retirement Homes](#)

[Air Force Enlisted Village](#) at Eglin AFB, FL.

Military Retiree Sites:

[Air Force Retiree Services](#)

[Army Retirement Services](#)

[Coast Guard Retiree Affairs](#)

[Marine Corps Retiree Affairs](#)

[Navy Retired Activities](#)

[Navy Insider](#)

Service Retiree Newsletters

The Spring-Summer 2017 edition of the [Afterburner Newsletter](#) for USAF Retired Personnel is now available.

[Army Echoes](#)

[Navy Shift Colors](#)

[Marine Corps Semper Fidelis](#)

[Coast Guard Evening Colors](#)

FYI - News

Space-A How-To

The Air Mobility Command (AMC) Travel webpage explains the space available (Space-A) travel program. Travel is a privilege that may offer substantial savings for your leisure travel plans. AMC strives to provide a vast variety of information for our travelers to use in their travel preparations for your desired destination. Please take some time to explore the information provided on the AMC site that will assist you in your travel planning.

AMC Travel Info:

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

Space-A Travel Page: <http://www.spacea.net/>

Military.com Travel Benefits:

<http://www.military.com/Travel/TravelPrivileges>



Special Extra Earnings for Military Service

A **retirement planner** page explains special extra earnings **credits for military service** between 1957 and 2001. Under certain circumstances, special extra earnings for your military service from 1957 through 2001 can be credited to your record for Social Security purposes. These extra earnings credits may help you qualify for Social Security or increase the amount of your Social Security benefit.

Compensation Rating of 100%

The effect of military service can be profound and lasting. There are a number of financial, social, and health issues that result from military service. Some Wounded Warriors and Veterans Who Have a Compensation Rating of 100% P&T are unaware that Social Security may expedite the processing of their disability claims.

Military service members can receive **expedited processing of disability claims** from Social Security. Benefits available through Social Security are different than those from the Department of Veterans Affairs and require a separate application.

The expedited process is used for military service members who become disabled while on active military service on or after October 1, 2001, regardless of where the disability occurs.

TriCare & Medical



TriCare Retiree Dental Program (TRDP)

The TRICARE Retiree Dental Program (TRDP) is available to all military retirees (including "gray area" retirees under age 60) and their eligible family members, unremarried surviving spouses and their eligible children, as well as Medal of Honor recipients and their eligible immediate family members. The program covers cleanings, exams, fillings, root canals, gum surgery, oral surgery and dental accidents on the first day that coverage becomes effective; after 12 months of being in the program, it then covers crowns, bridges, partials, braces and dental implants. **(New retirees who enroll within four months after retirement from the Uniformed Services or transfer to Retired Reserve status are eligible to waive the 12-month waiting period for major services; supporting documentation is required)**

The TRDP provides every enrollee an annual maximum of \$1,300 per person, a \$1,200 annual maximum for dental accidents and a \$1,750 lifetime maximum for orthodontics. It is important to note that the money that the TRDP pays out for preventive and diagnostic services doesn't count against the annual maximum –

Preview The Next Service Pistol



The U.S. Army awarded Sig Sauer a contract worth \$580 million to make the next service pistol based on the company's P320 handgun. Sig Sauer beat out Glock Inc., FN America and Beretta USA, the maker of the current **M9 9mm service pistol**, in the competition for the Modular Handgun System, or MHS, program. The 10-year agreement calls for Sig to supply the Army with full-size and compact versions of the gun. The pistols can be outfitted with silencers and accommodate standard and extended capacity magazines. The firearms will be manufactured at the company's facilities in New Hampshire. Sig touts the P320 model product as "modular" and "adaptable," with interchangeable grips, multiple sizes and calibers that can be converted between 9mm, .357SIG and .40S&W. "From calibers, to pistol size, to the grip fit best suited for the shooter, the P320 is the most adaptable pistol available today," the company says in promotional materials.

Joint Light Tactical Vehicle Fielded

MARINE CORPS BASE QUANTICO, Va. -- The Pentagon will field its new **Joint Light Tactical Vehicle** to soldiers of the 10th Mountain Division and Marines with II Marine Expeditionary Force, officials said Wednesday. [Look at this chart](#) to see why the Army selected truck-maker Oshkosh Corp. and not defense contracting giant Lockheed Martin Corp. or Humvee-maker AM General LLC for the **\$6.7 billion contract**.

"Ghetto Fleet" Gets Another Chance?

Navy brass are seriously examining the possibility of pulling seven or eight of its Oliver Hazard Perry-class frigates out of retirement as the service works to surge its numbers. [Speaking Tuesday morning](#) at a current strategy forum hosted by the U.S. Naval War College in Newport, Rhode Island, Chief of Naval Operations Adm. John Richardson said the move was under consideration, though it would likely entail significant effort to modernize the older ships. The Perry-class frigates, which did not receive crucial warfighting updates and were overshadowed by the **Aegis** capabilities of the new **Arleigh Burke-class** destroyers and **Ticonderoga-class** cruisers. Within the Navy, some referred to the frigates as the "ghetto fleet."

those benefits are in addition to the \$1,300. Retirees can find more information on the program, as well as enroll 24/7/365, online by visiting trdp.org.

TRDP enrollees realize the maximum program savings (an average of 22%) when seeing a network provider. To find a network provider, as well as utilize the [Consumer Toolkit](#) to view processed claims, see annual maximum information, sign up to receive paperless Explanation of Benefits and more, please visit [trdp.org website](http://trdp.org). You can also obtain more information by contacting your Western Region Marketing Representative, Diana Laux: dlaux@delta.org

VA - Veterans Corner



VA Cemetery Eligibility Determination

Next of kin of veterans not buried at national or state veterans cemetery may order a bronze medallion to attach to existing, privately purchased headstones or markers, signifying a deceased's status as a veteran. [Request medallions](#) at this link or call the VA National Cemetery Administration applicant assistance line **1-800-697-6947**.

Casualty Assistance Links

[Social Security](#)
[Survivor Benefit Plan AF Pre-Retire](#)
[Survivor Benefits Program](#)
[Survivor Benefit Plan \(DFAS\)](#)
[Survivor Benefit Plan Explained](#)
[Casualty Assistance Checklist \(NAUS\)](#)
[VA Pre-Need Burial Eligibility Info & Application Form](#)

Cold War Era Service Certificate

Here's a chance to get a certificate for Cold War era service between 1945 and 1991. Best of all it will be signed by the Secretary of Defense, Gen (MadDog) Mattis.

To apply for a certificate you must have been a U.S. government employee during the period of the Cold War. See the [FAQ](#) for full details. Follow these instructions to submit your application.

1. Fill out the application ([NEW APPLICATION LINK](#)) depending upon your current mailing address. Complete all fields that are applicable.
2. Print the application. You must certify your honorable service by signing and dating the application or your application will be rejected. If you are unable to print the application you may submit a signed and dated letter containing the same information as the application. You must include the phrase "I confirm my faithful and honorable service to the nation during the Cold War Era."

Financial / Legal

Student Loan Debt Forgiveness

Public Service Loan Forgiveness (PSLF) was launched in 2007. It is available to many employees working in public service and at all levels of government—states and municipalities, school districts, public hospitals, non-profit organizations, and more. To be eligible, borrowers must have a qualifying loan; be enrolled in a qualifying repayment plan, such as an income-driven repayment plan; and make 120 on-time payments while working for a qualified public service employer. Student loan servicers are responsible for administering these requirements. [Read this report](#) to understand servicing problems that may knock borrowers off track as they seek loan forgiveness earned through their public service and guaranteed by federal law.

USAA Open To Retirees

USAA is the organization you can count on for insurance, banking, investing and so much more, for those who serve and for their eligible family members. [Membership is open](#) to: active military, former military, families, and cadets or midshipmen.

RESOURCES

[DEFENSE FINANCE ACCOUNTING SERVICE \(DFAS\)](#)

[UNIFORMED SERVICES FORMER SPOUSES PROTECTION ACT](#)

[Veterans Law Project](#)

[ABA Homefront](#) - legal resources for military families

Benefits Watch

GI Bill Comparison Tool

VA's [GI Bill College Comparison Tool](#) has been incredibly helpful to veterans and other GI Bill beneficiaries, enabling them to get facts about schools they're considering. Thus far, the comparison tool has helped 1.74 million unique users. [Read the story here.](#)

Benefits You May Not Know

[Long-term Care](#) is expensive, but often necessary to provide care for aging relatives. Through the [Aid and Attendance Program](#), many veterans are eligible to receive money to cover the cost of nursing homes, assisted living programs and other long-term care options up to \$25,020 a year. [Caregiver Support](#) is available should you choose to take care of an ailing Veteran at home, the Department of Veterans Affairs offers a [Caregiver Support Program](#).

3. Mail or fax the application to the Cold War Office along with your supporting document to:

Commander, USAHRC
[Cold War Recognition Program](#)
 ATTN: AHRC-PDP-A, Dept 480
 1600 Spearhead Division Avenue
 Fort Knox, KY 40122-5408

You may email your application to the: usarmy.knox.hrc.mbx.tagd-awards@mail.mil.

An acceptable supporting document includes any official government or military document that contains the recipient's name, Social Security Number or Military Service Number or Foreign Service Number, and a date showing at least one day of service during the Cold War era (2 September 1945 to 26 December 1991).

Legislation News

Senate Veterans Resource Fair

California Senate Majority Leader Ian Calderone conducted a Veterans Resource Fair and Workshop along with partners such as CalVet on 29 June 2017. If you missed it here is the link to vet resources. [majorityleaderiancalderon](#)



Retired Pay to Former Spouses

A change to the law has occurred that affects the manner in which court orders submitted to the Defense Finance and Accounting Service (DFAS) as part of an application for division of military retired pay pursuant to the Uniformed Services Former Spouses' Protection Act (USFSPA) must be formatted. The following information provides notification of these statutory changes:

The National Defense Authorization Act (NDAA) of 2017, in Section 641, signed by President Obama on December 23, 2016, amended the definition of disposable pay in the Uniformed Services Former Spouses' Protection Act (USFSPA), 10 U.S.C. § 1408-- In the case of a division of military retired pay as property (that becomes final prior to the date of a member's retirement), the military member's disposable income is limited to "the amount of basic pay payable to the member for the member's pay grade and years of service at the time of the court order" and increased by the cost-of-living amounts granted to military retirees from the time of the (divorce) to the date the member retires.

The links below give the award language necessary in the court order. If not written correctly DFAS will not be able to approve the order and the court will have to clarify the award. For additional information refer to the web page at <https://www.dfas.mil/garnishment/usfspa/legal.html>. To see the language that the court order must use click on DFAS' "Sample Order Language" document. Source: <https://www.dfas.mil/garnishment/usfspa/NDAA--17-Court-Order-Requirements.html>

Retiree Activities Office
Los Angeles Air Force Base
483 N. Aviation Blvd
Bldg. 272, Room C1-200
El Segundo, CA 90245

Phone: (310) 653-5144, DSN: 633-5144

E-mail: rao.laafb@gmail.com

website: <http://www.losangeles.af.mil/Home/Retiree-Affairs-Office/>

Hours of operation: Monday-Friday 9 a.m. to 2 p.m.

Weekends, Federal holidays and Air Force Base designated "Family" Days: **Closed**

Want to change how you receive these emails?

Click here to [subscribe](#); click here to [update your preferences](#); click to [unsubscribe from this list](#)

This email was sent to rao.laafb@gmail.com

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Retiree Activities Office, Los Angeles Air Force Base · 483 North Aviation Blvd · Bldg. 272, Room 200 · El Segundo, CA 907245--2808 ·
USA



MailChimp

[View this email in your browser](#)

Los Angeles AFB Retiree Activities Office (RAO)

Newsletter

SEP - NOV 2017

Duty Honor Country November 2017, Vol 37, Issue 4

Welcome to the Los Angeles Air Force Base Retiree Activities Office! This information is intended for use by all retired military personnel of the Air Force, Army, Navy, Marine Corps, and Coast Guard residing within the greater Los Angeles metropolitan area served by this RAO. The RAO is an advisory function manned by volunteers and is a focal point for providing information and guidance to military retirees of all services, their family members and/or survivors. Our mission is to provide a continuous update of information helpful to retirees who reside in our assigned area of responsibility. RAO mobilizes retirees and provides volunteer assistance to active duty organizations requesting help.

We also provide assistance to those retirees in need by providing volunteers capable of responding to questions posed by retirees and their dependents on a daily basis. Retirees with questions regarding identification cards should call ID Card Customer Support at (310) 653-6556 or (310) 653-5114. Click here to [schedule an appointment](#) and verify what documents are needed to process ID requests.

Retiree Activities Office (RAO), Los Angeles Air Force Base

Lt. Gen. John F. Thompson, Commander, Space and Missile Systems Center; Col. Charles P. Roberts, Commander, 61st Air Base Group; Lt. Col. Keith S. White, Deputy Commander, 61st ABG; John A. Randolph, Deputy Director, 61st ABG; Chief Master Sgt. Marvin D. Gilliam, Superintendent, 61st ABG; Senior Master Sgt. Jason M. Fitts, First Sergeant, 61st ABG; David W. McClenon, (Col. USAF, Ret.) RAO Director; Kerry MacNeal, (Lt. Col. U.S. Army, Ret.) Publisher; Jim Edgerton (Capt. USAF, Ret.) RAO Editor; Jerome Ginsberg, (MSgt. USA, Ret.) RAO Administrative Officer

**AF70 - Delta IV with WGS-9 Nose Art On Payload Fairing****Director's Comments**

This year's Armed Forces Retiree Appreciation Day, held on 3 June, was an outstanding success in providing information about finance, retirement benefits, medical needs and community / family activities. We counted 462 attendees hungry for information and 750 people even hungrier for the free BBQ. A special thanks to our project officer Capt. Dorothy Ridenour, 61st Medical Squadron Diagnostic Element chief, for excellent planning and coordination of the event. Our speakers were very informative and well received; they included: Mr. Edward Terlaje, Casualty Assistance; Ms. Lisa Evans, DFAS; MSgt Scott Ridenour, USAF (Ret.), Cyber Security; CMSgt Bryan Blue, USAF (Ret.) Community Support Coordinator; Lt Abaham Garduza, TRICARE; Mr. Charles Green, Dept of VA Healthcare; SMC Heritage Center; Chaplain Al Saddiq and Air Base Group Commander COL Charles P. Roberts, USAF. Retirees appreciated the volunteers from Pass and ID Card section who offered their services on Saturday to

attendees. The heart of this event is our exhibitors who were on hand to discuss retiree needs and provide information. Join this inspiring team as a Retiree Activity Office volunteer by calling us at 310-653-5144.

David McClenon, Col, USAF Ret., Director



Regular Features

Commissary - Exchange
Los Angeles AFB Events
DFAS / myPay
Focus on Transition
Social Security
Newsletters & Links
TriCare & Medical
FYI - News
Benefits Watch
Legislation News
Newsletter Links
VA - Veterans Corner
Financial / Legal



Los Angeles Air Force Base - Events

Red Cross Blood Drive

The blood drive is Thursday, 7 December 8am - 2pm in the LAAFB Base Gym. Save time with the [Red Cross Rapid Pass](#) to start your pre-donation questions you can also schedule an appointment. You can also schedule your [life-saving appointment](#); the sponsor code is LAAFB.

STEM Outreach Activities

The Mira Vista Cub Scout Den 59 tour of the base on December 6th concludes with a STEM robotics kit activity from 1900-2000. You are welcome to participate by engaging students with questions on problem solving, experimentation, and modeling.

Loyola Marymount University is looking for Civil and Mechanical Engineers to come to the school and discuss their careers with the students. Multiple dates are available in late January (22, 24, 29 or 31) from 4:39pm to 5:30pm at the campus. To support any of these activities, please contact the STEM Outreach POC at smc.en.stemoutreach@us.af.mil or alec.porter@us.af.mil 310-653-2079.

Christmas Food Box Event

On 11 Dec 17 from 6:30pm to 8pm volunteers will prepare 1,000 food boxes for struggling families in the Los Angeles area. According to Salvation Army Major Lex Giron, the LAAFB crew broke the all-time

Commissary - Exchange

Visit Our Online Store!

www.shopmyexchange.com

Commissary Hours: 1000 – 1800 hrs. Tuesday -- Sunday

Commissary is closed Mondays

Want to save more? Use the [Commissary Rewards Card](#)

BX Main Store Hours: 1000-1800 hrs. Monday -- Sunday

DeCA Military Star Card Accepted At Commissaries

By Nov. 9, 2017 the card's acceptance will be expanded throughout commissaries worldwide for all branches of service. Benefits of the MILITARY STAR card include:

- > Two points per dollar on purchases and a \$20 gift card after 2,000 points earned.
- > One of the lowest APRs (11.24%) among retail-issued cards no matter the cardholder's credit score.
- > Fair and flexible terms such as no annual, late or over-limit fees.
- > 10 percent discount on first day of use, including at the commissary.

record for packing and stacking well over 900 dinners for the past 2 years! Let's break our record again! To participate contact Mr. Bryan Blue at bryan.blue.1@us.af.mil or call 310 653-5052.

Annual Chanukah Party

On Thursday, 14 December 11:30am-12:30pm we're planning on having our annual Chanukah party at LAAFB in the Gordon Conf. Center Building 271, 1st floor. This year there will be a lunch and an opportunity to enjoy some holiday fare and fun. Family and friends are welcome, but access to LAAFB is required for all guests (non-ID card holders). To RSVP and/or volunteer for set-up and clean-up, please contact Daniel Fain at daniel.fain@aero.org or Igor M. Brin, Acting President, LAAFB Jewish Affairs Committee, DSN 633-9367 or 310-653-9367.

SoCal Team RWB Events

The mission of Team Red White and Blue (RWB) is to enrich the lives of America's veterans by connecting them to their community through physical and social activity. RWB chapters deliver consistent, local opportunities for veterans and the community to connect through physical and social activity. They host regular fitness activities, social gatherings, and community service events, and facilitate building strong local connections with other members and the community.

Through their virtual community, they encourage our members to stay active and inspire others to do the same. RWB ensures veterans have the information and resources to stay connected with our organization either virtually, or through a regional and/or national level. Here is the link to [locate RWB chapters](#) around the USA. Here is the [December events](#) flyer calendar link.

Upcoming LA Area events are:

- 9 DEC Operation Gratitude Care Package Assembly, Chatsworth, CA; POC is Kim Gustovich (kim.gustovich@teamrwb.org)
- 10 DEC Yoga at Sports Academy, Newbury Park, CA; POC is Dan Manrique (dan.manrique@teamrwb.org)
- 16 DEC Wreaths Across America. West LA; POC is Theresa Thurman (theresa516@gmail.com)
- 25 DEC Christmas Day Hollywood Sign Hike, Hollywood, CA; POC is Laura Werber (laura.werber@teamrwb.org)
- 26 DEC Operation Jack Marathon, Half Marathan & 5K, Playa del Rey, CA; POC is Christina Garcia (Christina.garcia@teamrwb.org)
- 31 DEC Roller Skating at Moonlight Rollerway, Glendale, CA; POC is POC is Laura Werber (laura.werber@teamrwb.org)

Focus on Transition

USAF Wants Retired Pilots

The Air Force is wooing veterans to take desk jobs as it continues to hemorrhage pilots to the airline industry. Former officers can put their uniforms back on to fill critical billets under the Voluntary Rated [Return to Active Duty program](#). A side effect of the pilot shortage is that there are fewer officers to fill non-flying jobs that require a pilot's expertise. Air Force data show one in four non-flying field-grade officer positions is unfilled.

Interested In Career & Education Resources?

Retired Soldiers can access Soldier for Life Transition Assistance Program (SFL-TAP) services for life! SFL-TAP is the Army's transition program with services available to Retired Soldiers and their family members on a space-available basis. If you are located near Los Angeles Air Force Base you can access services by visiting the Airman and Family Readiness office in Bldg 272 to register for local SFL-TAP Center services.

If you do not have access to a brick-and-mortar center, virtual services are offered online by registering with the SFL-TAP Virtual Center at <https://www.sfl-tap.army.mil/pages/virtual/default.aspx>. Counseling is also offered 24/7 via phone at (800) 325-4715. SFL-TAP is there to assist you in your civilian career, entrepreneurship, and education goals throughout your transition. By taking advantage of the resources provided by SFL-

DFAS / myPay

Address Change at DFAS

Military retirees and annuitants corresponding with the Defense Finance and Accounting Service (DFAS) began using a new address May 1, 2017. The old addresses in London, Ky., were discontinued and replaced by addresses in Indianapolis to help speed up receipt and customer service. The new mailing addresses for retired pay correspondence is:

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

Don't have a myPay account? Get one today [at this link](#):

For compensation inquiries contact:

- [Retirees - \(DFAS\)](#): (800) 321-1080
 - [DFAS Outside US](#): (216) 522-5955
 - [Retired Reservists - DFAS](#): (800) 325-2660
 - [SBP / RSFP Annuitant - DFAS](#): (800) 321-1080
 - [Service Members' Group Life Insurance](#): (800) 419-1473
-



TAP, you will be well on your way to finding success in the civilian sector.

Cyber Careers

The *Army Cyber Command* is one of the few employers that can offer an exciting operational environment at the forward edge of defending our nation. There are challenging duties and great rewards for those interested in working as an Army Cyber civilian. Click here for a listing of [current civilian job openings](#).

[Transition Assistance Online](#)
[Soldier for Life - Transition Assistance](#)
[Navy Transition GPS](#)
[70 Steps to Transition Success](#)
[Military Retirement Planning - USAA](#)
[Military Retirement Guide \(fedDesk\)](#)
[Personal Transition Checklist \(G.I. Jobs\)](#)

Military Job Skills Translators

[O*Net My Next Move for Veterans](#)
[O*Net OnLine Crosswalk Search](#)
[Dept Labor - Career OneStop](#)
[Military.com w/Monster](#)
[Veterans Opportunity to Work \(VA\)](#)

Newsletters & Links

U.S. Navy's 242 Birthday!
 Click here for US Navy [YouTube channel and birthday message](#). Here is the [CNO and MCPON's 242nd Navy video](#).

Military Resources

[National Resource Directory](#) has 17,000 organized and vetted resources for service members, veterans, families, and military caregivers.
[MilitaryHub](#) - resources for all military and dependents.
[DoD Benefits Handbook](#). The Department of Defense has issued a new benefits handbook titled: U.S. Department of Defense (DoD) Wounded, Ill, and/or Injured Compensation and Benefits Handbook for Service members of the Armed Forces SEP 2016.

Gold Star Mothers' Housing

There are 68 apartments located in [Gold Star Manor](#), Long Beach, CA 90810.

California Department of Veterans Affairs -

Provides information on state and federal government benefits for veterans, including available home loans, job opportunities, veteran homes, college grants and newsletters on women and minority veterans. <http://www.cdva.ca.gov/>
[CA Veterans Resource Book 2016.pdf](#)

AMC Travel Info:

<http://www.amc.af.mil/Home/AMC-Travel-Site/>
Space-A Travel Page: <http://www.spacea.net/>
Military.com Travel Benefits:
<http://www.military.com/Travel/TravelPrivileges>

Troops to College – Provides information from California county veteran affairs offices for veterans and active-duty military personnel seeking to achieve educational and general life goals. The website shows the campuses served in Los Angeles and other

Social Security 2017-2018

The 2018 Social Security will see a 2.0% cost-of-living increase, the most substantial increase since 2012. A 2.0% increase is about \$25 a month to the average recipient. Higher gas prices and other cost increases due to Hurricanes Harvey and Irma are seen as contributors to the reaching the 2 percent increase mark. Other contributing factors to the increase was an increase in housing and rent costs and partially offset by a decline in wireless phone service and new and used vehicle prices. The maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$128,700 from \$127,200. [Read full article here.](#)

TriCare & Medical



TRICARE Changes Fiscal to Calendar Year

Enrollments Shifting from Fiscal to Calendar Year Starting in January 2018 Oct. 13, 2017. Starting Jan. 1, 2018, cost changes for TRICARE benefits transition from a fiscal year period to a calendar year period. Changing from fiscal year (Oct. 1 – Sept. 30) to calendar year (Jan. 1 – Dec. 31) makes the TRICARE benefit consistent with civilian health plans. The change will largely affect those plans which have an enrollment fee and are currently billed by the fiscal year. Read the [full article here](#).

Tricare Retiree Dental Insurance

Visit the [trdp.org website](http://trdp.org) to enroll, check costs, find a dentist as well as utilize the [Consumer Toolkit](#) to view processed claims, see annual maximum benefit information.

Veterans Yoga Project On-Line

Mindful Resilience is a collection of mind-body practices including: Breathing, Meditation, Mindful Movement, Guided Rest, and Gratitude. These tools help us breathe easy, focus clearly, move freely, rest deeply, and remember what is working in our lives. As a result we become more resilient in the face of both ordinary and extraordinary challenges. In this library you will find media files of each of the five tools of Mindful Resilience Training: website: veteransyogaproject.org

Get Help With Vision Loss

The Department of Veterans Affairs provides blind and vision rehabilitation programs to eligible veterans and active duty service members who are visually impaired. Patients receive the finest medical and rehabilitation care, as well as cutting-edge assistive technology. For assistance visit VIST locations on the [Blind Rehabilitation Service website](#).

counties. www.troopstocollege.ca.gov/county-offices.asp

LA County Dept of Veterans Affairs

Learn about counseling services and assistance available to veterans from the Los Angeles county Department of Veterans Affairs.
http://dmva.co.la.ca.us/departments_services.htm

Network of Care

Provides veterans and service members information on community services and networks that offer support to returning veterans. This portal was developed as a joint venture of the state, counties and the nonprofit Trilogy Integrated Resources.
www.networkofcare.org/index2.cfm?productid=1&stateid=6

Armed Forces Vacation Club

The Armed Forces Vacation Club is a space-available program offering Department of Defense-affiliated people affordable condominium vacations at more than 3,500 resorts worldwide. For more information, visit
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FYI - News

Help Puerto Rico Retirees

There's still little power on the island. In many places, there's still no water to drink or bathe in or to flush toilets. There's limited food and cell service, and dozens of remote villages have been completely cut off from everything for weeks. "Make no mistake — this is a humanitarian disaster involving 3.4 million US citizens," [Puerto Rico Gov. Ricardo Rosselló](#) said the Monday after Hurricane Maria hit on 20 September. The 10,595 US [military retirees living in Puerto Rico](#) are severely affected. One of our RAO volunteers traveled to Puerto Rico to help and witnessed the devastation. From personal experience he recommends donations to these charitable organizations are very effective: www.hispanicfederation.org and the [American Red Cross](#) specifying Puerto Rico relief.

VA - Veterans Corner



VA Cemetery Eligibility Determination

Next of kin of veterans not buried at national or state veterans cemetery may order a bronze medallion to attach to existing, privately purchased headstones or markers, signifying a deceased's status as a veteran. [Request medallions](#) at this link or call the VA National Cemetery Administration applicant assistance line 1-800-697-6947.

Casualty Assistance Links

[Social Security](#); [Survivor Benefit Plan AF Pre-Retire](#); [Survivor](#)

[Benefits Program](#); [Survivor Benefit Plan \(DFAS\)](#); [Survivor](#)

[Benefit Plan Explained](#); [Casualty Assistance Checklist \(NAUS\)](#);

[VA Pre-Need Burial Eligibility Info & Application Form](#)

Cold War Era Service Certificate

[Cold War Recognition Certificate](#) application is available at this link.

Legislation News

Student Loan Borrowers with Disabilities

The Department of Education has identified approximately 387,000 borrowers with severe disabilities that were eligible for Total and Permanent Disability Discharge, 179,000 of which were in default [can get help here](#).

Financial / Legal

Consumer Financial Protection Bureau (CFPB)

This is a U.S. government agency that makes sure banks, lenders, and other financial companies treat you fairly. Service members are expected to keep their finances in order at every step of their military career including retirement. [Learn how here](#). There is a special section dedicated to helping military service members and retirees.

Veterans Legal Services Help

The Veterans Legal Services Project has helped resolve and refer hundreds of legal matters. The Project's current initiative is a collaboration with U.S. VETS and Los Angeles County to offer pro bono (free) legal services at Patriotic Hall in downtown Los Angeles. LACBA's Veterans Legal Services Project [and website](#) assists veterans, active military personnel and reservists

FBI - Counter Terrorism Certificate

Here is a great public education on-line course about how to recognize and combat violent extremism beliefs. Violent extremism is “encouraging, condoning, justifying, or supporting the commission of a violent act to achieve political, ideological, religious, social, or economic goals.” Explore the key parts and tools of violent extremism by [clicking on each topic](#). The FBI developed this short presentation for discussion leaders with teens, parents and community participants.

Air Force Surgeons' Saved Lives

Four general surgeons and three resident surgeons from Nellis Air Force Base, Nevada, treated patients through the night after the largest single-shooter massacre in American history Oct. 1, according to an Air Force press release.

“Within two hours after the incident, all the resuscitation bays were full and six patients were being operated on by trauma surgeons,” said Maj. Charles Chesnut, one of the general surgeons who assisted in the mass casualty treatment. “Everyone worked together taking care of these patients to do some good in the face of evil.”

The surgeons, assigned to the 99th Medical Group, responded to the University Medical Center of Southern Nevada to help treat more than 100 patients with surgical procedures and end-of-life care, Chesnut said. The hospital is Nevada’s only Level One trauma center. [Read more here](#).

with their legal needs. (Sorry - no traffic ticket assistance is available). The program targets veterans who are unemployed and at risk of homelessness by offering legal services, clinics, and self-help workshops in the areas of:

- Clearing Outstanding Tickets and Warrants.
 - Reinstating California Driver Licenses
 - Expungements: Clearing Criminal Record for Employment
-

Survivor Annuity and Trust Scams

In 2012, the Government Accountability Office found more than 200 financial planning firms and estate law offices enticing veterans or their survivors into costly annuities or irrevocable trusts intended to hide or reallocate their assets so they would qualify for a [VA Aid and Attendance Pension](#) the claimants wouldn’t be eligible for otherwise. Rep. Matthew Cartwright (D-Pa.) testified this abusive practice twists the intent of the pension benefit in ways to help some veterans, put others in financial binds, and generate fees or profits or streams of residents for the schemers. Financial planners gain control of the veteran’s assets and “move them into an irrevocable trust or annuity, which the elderly veterans often cannot access for many years.”

Increasingly, retirement homes are recruiting veteran residents with promises they will qualify for VA aid and attendance to cover cost of the home. “If the Aid and Attendance pension claim is later denied, however, the nursing home then demands back payment from the veteran. This is a practice that leaves vulnerable elderly veterans with the undesirable choice of draining their own remaining assets or giving up their new home,” Cartwright said.

Retirees Under-Utilize College 529 Plans

Almost half of parents saving for college (48%) are using a regular savings account, while only 27% are investing in a 529 plan, T. Rowe Price’s recent [Family Financial Trade-Offs Survey](#) revealed. A 529 plan offers significant flexibility, and you can access the money at any time, for any reason. The money is always yours and stays in the account until you withdraw it. You don’t ever forfeit it. If the beneficiary listed on the account doesn’t go to college or, for any reason, doesn’t use all of the money, you can change the beneficiary on the account to a relative of the beneficiary without any penalty. The money also can be used for room and board, graduate school tuition, books, and supplies. If you do need to withdraw funds your contribution portion is never taxed or penalized. See for yourself using this [College Savings Calculator](#).

RESOURCES

[Defence Finance Accounting Service \(DFAS\)](#)
[Uniformed Services Former Spouses Protection Act](#)
[Veterans Law Project](#)
[ABA Homefront](#) - legal resources for military families

Benefits Watch

Combat-Related Special Compensation

CRSC is a Department of Defense (DOD) program, not a Department of Veterans Affairs (VA) program, and is authorized under 10 U.S. Code § 1413a. CRSC is a form of concurrent receipt paid monthly to eligible military retirees. In other words, CRSC restores military retired pay that is offset when a retiree accepts compensation from the VA for a disability or condition that can be directly linked to a combat-related event as defined by the CRSC DOD program guidance. The CRSC benefit

allows eligible retirees to concurrently receive an amount equal to or less than their length of service retirement pay and their VA disability compensation.

Retirees criteria to be eligible for CRSC:

- Must be retired and receiving military retired pay.
- VA must have awarded 10 percent or greater service connected disability for a condition that is combat related. [Read full article here.](#)
- Must have a VA waiver (VA Form 21-651, MAR 2005) in place for by-law reduction of military retired pay in the amount of the VA disability payment. For more information on CRSC visit the [Human Resources Command website](#) or call toll free (866)281-3254 (Mon - Fri / 0800-1800 hours), or email CRSC questions to askhrc.army@us.army.mil.

Discount Ticket Office

Discount tickets to theme parks, area attractions, hotels and more! Tickets & Tours are available at their LA AFB office in the AAFES BX next to the furniture store. E-ticket sales are also available at Fort MacArthur. Visit Outdoor Recreation located inside the Community Center in building 403 across from the base swimming pool. Discounted tickets are available to most local area theme-parks, movie theaters, shows, and entertainment venues. Ticket prices vary depending on event date. Some exceptions may apply. Ticket prices and promotional specials are subject to change at any time. Contact the ITT office or download their [printable ticket price list](#).

El Segundo (AAFES BX)

(310) 653-1304

Monday - Friday 9:30am - 4:30pm

Closed for lunch 1-2pm

Fort MacArthur (Bldg 403)

(310) 653-8225 / 8226

Tuesday - Thursday: 8:30am - 1pm

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Mailing Address:

Retiree Activities Office
Los Angeles Air Force Base
483 N. Aviation Blvd
Bldg. 272, Room C1-200
El Segundo, CA 90245

Phone: (310) 653-5144, DSN: 633-5144

E-mail: rao.laafb@gmail.com

website: <http://www.losangeles.af.mil/Home/Retiree-Affairs-Office/>

Hours of operation: Monday-Friday 9 a.m. to 2 p.m.

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