



January 2010

## Retired Activities Office Naval Weapons Station Seal Beach Newsletter

**Tax/Pay Statements.** The Defense Finance and Accounting Service (DFAS) announced the 2009 tax and pay statement release schedule. The annual retiree account statement (RAS) and the annuitant account and the Internal Revenue Service form 1099R [is available online now \(via myPay\)](#) . Retirees and annuitants who rely on hard copies via the U.S. Postal Service should have received their tax and pay statements by the end of December.

Inflation action declined during 2009, but the law doesn't allow a negative COLA so retirees and annuitants won't see any change in their gross retired pay in 2010. If you have questions about account statements or tax forms call the DFAS Contact Center at 1-800-321-1080.

**USS DEWEY (DDG 105) commissioning.** The USS Dewey is scheduled to be commissioned here in Seal Beach on Saturday, 6 March 2010. We have received a few inquiries about attending the ceremony. As a result, we have asked the commissioning committee if it would be possible to have a block of invitations for military retirees. We will see what the committee has to say. In the meantime, and if you are interested in attending, you can request an invitation through the “contact us” on their website <http://deweycommissioning.org/default.aspx> .

**Flu Website.** The Navy and Marine Corps Public Health Center (NMCPHC) in Portsmouth, Va., boasts a comprehensive influenza website that offers up-to-date guidance about influenza infection. The website provides ongoing information about influenza, as well as guidance for the prevention and control of infection. The publicly accessible site is geared toward healthcare and non-healthcare professionals, military members and those eligible for military health benefits. Get more of the latest news on Military.com. <http://www.military.com/news>

**TRDP Premium Increase.** The first annual Tricare Retiree Dental Plan premium rate change took effect on October 1, 2009 for the second contract year, October 1, 2009 through September 30, 2010. Subsequent changes will be effective October 1, 2010 through September 30, 2011 and October 1, 2011 through September 30, 2012, respectively. This annual premium adjustment is automatic and will be reflected in the allotment from your retired pay or, if you are billed directly, in your payment coupons or EFT (electronic funds transfer) debit applicable to your October 1 payment. To find the new premium rates for your region, use the online premium search. [www.trdp.org/pro/premiumSrch.html](http://www.trdp.org/pro/premiumSrch.html) .

**Pulmonary Disease.** TriWest Healthcare Alliance is offering a new lung health service to West Region TRICARE beneficiaries eligible for its Disease Management programs. Beneficiaries

suffering from chronic obstructive pulmonary disease, or COPD, can receive extra help for a group of lung diseases that include emphysema, chronic bronchitis and, in some cases, asthma. Eligibility is determined by TRICARE and is based on claims history. Once a beneficiary is identified as eligible to participate in the program, DoD refers the beneficiary to TriWest. Beneficiaries can find additional resources on the TriWest website. <http://www.triwest.com/copd>  
Source: Military.com

**ID/DEERS.** The ID/DEERS Office at the JFTB, previously located in Bldg 18, has moved to the Veterans Service Center, Bldg 244 on the JFTB. Hours and phone number remain the same. 562-795-1172. Walk-in 0800-1100, Appointments 1300-1500.

**Optical Pricing Online.** Authorized shoppers now have access to the price of eyeglasses, frames, and sunglasses from more than 200 brands all discounted 10% to 30% with free shipping. For further information log onto your Exchange Online Store and click on the Exchange Mall Logo or access the site directly at [www.exchangeonlinemall.com](http://www.exchangeonlinemall.com).

**Historical Records.** Ancestry.com, in cooperation with the Naval History and Heritage Command (NHHC) and Naval Historical Foundation (NHF), added more than 600 Navy cruise books to its online collection of military records. The collection, available at Ancestry.com, represents nearly 40 years of cruises following World War II, from 1950-1988, and chronicles an estimated 450,000 service men deployed at sea during that time. The Navy cruise books are part of Ancestry.com's U.S. Military Collection, which includes 100 million names that span more than three centuries of American military service. For more information, visit the Ancestry.com website.

[http://landing.ancestry.com/military/collections.aspx?html=main&URL=military%2fcollections.aspx%3fhtml%3dmain&o\\_iid=31731&o\\_lid=31731](http://landing.ancestry.com/military/collections.aspx?html=main&URL=military%2fcollections.aspx%3fhtml%3dmain&o_iid=31731&o_lid=31731)

**Scholarships.** Scholarship applications are now available in commissaries worldwide and online at the Scholarships for Military Children website. Only dependent, unmarried children, younger than age 21 (age 23 if enrolled as a full-time student at a college or university) of active duty personnel, Reserve, Guard and retired military members, survivors of servicemembers may apply for a scholarship. Applicants should prepare to submit an essay. Applications must be turned in to a commissary by close of business Feb. 17, 2010. At least one scholarship will be awarded at every commissary location with qualified applicants. For more information, visit the Commissaries.com website and the Scholarships for Military Children website. <http://www.militaryscholar.org>. Not applying for scholarships is like turning down free money.



**Old Military Buddy.** Ever wonder where your long lost buddy went? Looking for that one friend you went on tour with years ago? You may be able to find them right now. Try Buddy Finder at <http://www.military.com/buddy-finder/?ESRC=mr.nl>.

**Veterans Homes.** The California Department of Veterans Affairs (CDV) held Opening Ceremonies for its newest Veterans Home on Friday November 20th. The new Veterans Home

"William Pete Knight Veterans Home of California". is located in Lancaster California. That makes a total of 5 Veterans Homes in California.



Another New Veterans Home is scheduled to be open in Los Angeles during the summer of 2010. In addition funding and plans are already in work for two additional Veterans Homes in Fresno, California and Redding, California which will open in 2-3 years. The other Veterans Homes are located in Barstow, California, Chula Vista, California and

Yountville, California.

The CDVA encourages all eligible veterans to apply for admission. Below are the basic qualifications for admission:

1. You are age 62 or over, or you have a significant disability.
2. You served in the military and you were Honorably Discharged.
3. You are still able to live independently or you qualify for a higher level of care offered at one of the Homes (contact the Home for clarification on quality for a higher level of care).
4. You are a California resident.
5. You are able to live with and get along with other people in a structured communal environment.
6. You must be participating in a qualified federal, state or private health service plan, a United States Department of Veterans Affairs medical program, or have an application pending for such coverage. A non-veteran application must be participating in a qualified federal, state, state or private health service plan to be admitted to the Home.

More information on the admission process can be found on line by going to [www.cdva.ca.gov](http://www.cdva.ca.gov) . Also if you need information or have questions on the application process, you can call the Veterans homes directly at:

Barstow Admission Office 780-252-8315 or 800-746-0606  
Chula Vista Admission Office 888-857-2146  
Lancaster Admission Office 661-477-5829  
Ventura Admission Office 805-765-5601  
Yountville Admission Office 800-400-8387

Source: Jake Alarid, Member California Veterans Board Member

**Fitness**. If you are starting the New Year thinking about improving your physical fitness, you can do yourself a favor by taking advantage of the gymnasium available to you at various bases. For example, the Naval Weapons Station, Seal Beach has a FREE Fitness Attitude program starting in late January. This eight week program is essentially 3 programs in one. 1. Step program (walking); 2. Live Light, Live Healthy (nutrition) and; 3. Fitness Challenge (custom work out for the individual). The deadline for registration is 22 January. If you would like more information, give the gym a call at 562-626-7589.

**Microsoft OFFICE.** We are not in the business of advertising products but this is a deal if you or other family members are in the market for this product. It is available at exchanges as a Limited time offer for US Military. The offer is *Microsoft Office Standard 2007* for \$49.99. If you get it at this price, you will save up to \$349! That represents a savings of up to 87%.

**AAFES's Match-It Program.** The Army and Air Force Exchange Services (AAFES) program, "We'll Match It!," is the last line of defense in delivering the lowest price. If a shopper sees a price differential of less than \$10, they can simply tell the cashier who will match it on the spot. Anyone who reports a price difference of \$10 dollars or more need only bring a current local competitor's ad to receive the reduced price. For more information, contact your local PX/BX.

**Fort Buchanan, Puerto Rico.** In our November newsletter, we mentioned accommodations at the USCG Rio Bayamon Family Housing in Puerto Rico. In that article it was noted that Fort Buchanan, a United States Army post, is about 15 minutes away. Well, here is a little information about the fort. It services the 65th Infantry Regiment and the National Guard and has a golf course, a PX main store, a class six shoppette, a bowling alley, a fitness center, an outdoor pool facility, a chapel, a library, a community club, an adults only bar, a coqui restaurant and some lodging. The *El Caney Lodge* consists of 75 state-of-the-art rooms. For additional info go to <http://www.buchanan.army.mil/mwr/lodge.html> and/or [www.buchanan.army.mil](http://www.buchanan.army.mil).



### How to Contact Us

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

*Best wishes for a healthy and prosperous NEW YEAR!*

Captain Ralph Vogel, RAO Director  
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[www.cnic.navy.mil/sealbeach](http://www.cnic.navy.mil/sealbeach)