



THE 2022 CHIEF OF STAFF, RETIRED SOLDIER COUNCIL



Members of the 2022 Chief of Staff, Army Retired Soldier Council (From L to R, top row): COL (Ret) Karl M. Goetzke, MSG (Ret) David M. Pearson, CSM (Ret) Leon Caffie, LTC (Ret) Jerry L. Wood, COL (Ret) Felix L. Santiago-Torres, (second row): COL (Ret) Peter Hoffman, CW5 (Ret) Louise I. H. Goetzelt, SGM (Ret) Michael A. Walker, SGM (Ret) Edward D. Mounts, SGM (Ret) Mitzi S. Hinton, (third row): MSG (Ret) William K. Burns, LTG (Ret) David D. Halverson, SMA (Ret) Daniel A. Dailey, and LTC (Ret) Karen Nigara.. Photo by Army Retirement Services.

WASHINGTON — For the first time in two years, the Chief of Staff Army, Retired Soldier Council held its annual meeting in person at the Pentagon. To kick off the meeting, the Association of the United States Army (AUSA) hosted a welcome reception at the AUSA headquarters in Washington, D.C for the Council's 14 members. The Council, which is co-chaired by retired Lt. Gen. David Halverson and retired Sgt. Maj. of the Army Daniel Dailey, welcomed three new members: Lt. Col. Karen L. Nigara and Command Sgt. Maj. Leon Caffie, who both represent Ft. Stewart, Georgia Installation Retiree Council, and retired Lt. Col. Jerry L. Wood who represents the newly formed West Virginia National Guard Retired Military Council. All Council members are recalled to active duty for one week to attend the annual meeting in Washington, D.C.

During the week long meeting, the Council received briefings from 17 Department of Defense senior leaders, including Army Vice Chief of Staff Gen. Joseph M. Martin, Deputy Chief of Staff, G-1, Lt. Gen. Gary Brito and Sgt. Maj. of the Army Michael A. Grinston. They received updates regarding medical care and transformation from Maj. Gen. Telita Crosland, Deputy U.S. Army Surgeon General and Chief Medical Corps and recruiting initiatives from Maj. Gen. Kevin Vereen, Commanding General, U.S. Army Recruiting Command.

The Council represents over 1.2 million Retired Soldiers and surviving spouses. They are the voice of the retired community. At the conclusion of the Council meeting, the co-chairs met with the Army Chief of Staff, Gen. James C. McConville to voice issues impacting this community. The primary issues included communications with Retired Soldiers, surviving spouses, and their families, preservation of health care benefits, protection of survivor benefits, and the initiative to improve retirement services provided to Reserve Component Soldiers.

In their annual report, the co-chairs also reminded the Army Chief of Staff about the continued value of the retired community: "Our Retired Soldiers remain." "Our Retired Soldiers remain a largely untapped force multiplier for the Army. Retired Soldiers and their families can help recruit, retain, transition, and further assist in providing a critical Soldier for Life ecosystem throughout our nation and around the world. Our passion to continue selflessly serving our nation and fellow Soldiers as casualty assistance officers or simply telling the Army's story within our communities, along with other functions, can and will have tremendous results positively impacting the retired community and formations at every level of our Army."

The entire Council report from the meeting is located at <https://soldierforlife.army.mil/Retirement/csa-retired-soldier-council>. If you are interested in serving on the Chief of Staff Army, Retired Soldier Council, contact your local Retirement Services Officer (RSO) for more information. To locate your RSO, visit <https://soldierforlife.army.mil/Retirement/rso>. Council members are nominated by the Army installation retiree councils and recommended by the Garrison or Army Service Component Commanders.

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Echoes from the past: News from 60 years ago

The more things change, the more they stay the same!

The **May 1962** edition of the *Retired Army Personnel Bulletin* explained the new single gravesite policy at Arlington National Cemetery. The new policy limited a single family to a single gravesite in order to "permit burial in national cemeteries for as many members and former members of the Armed Forces as possible." The new policy specified that spouses and children could be buried in the same grave as the member, but no longer in an adjoining grave. [Ed. Note: Arlington National Cemetery (ANC) and Department of Defense leaders are currently reviewing a proposal to limit in ground burials to prevent running out of space for many years to come. A major change may be restricting retired service members, not otherwise qualified, to inurnment in the ANC Columbarium.]

The **June 1962** edition explained that retired members living or traveling overseas may use military facilities there only within the parameters of the Status of Forces Agreement (SOFA) negotiated with the host country. [Ed. Note: The same SOFA restriction remains in effect today. Check with the military in the location you plan to visit or live in before you go there.]

The **July 1962** edition explained that disability compensation received from the Veterans Administration was tax exempt, but that "all the pay received by a member retired for length of service or age is subject to Federal income tax." [Ed. Note: There is an email being widely circulated now that retired service members with a 100% VA disability rating are exempt from federal taxes on their retired pay. This is not true. DFAS says, "Whether a portion or all of an individual's military retired pay is subject to federal income taxes depends on his/her individual circumstances. An individual's choice to have no withholding for federal taxes does not impact whether the individual's military retired pay is actually subject to federal income taxes. Ultimately, the IRS will determine the amount of taxes owed on the military retired pay." For more information, visit <https://www.dfas.mil/RetiredMilitary/manage/taxes/isittaxable/>.]

The Army Service Center is an entry point for military-related human resource inquiries. The center responds to Soldiers, Retired Soldiers, veterans, family members, DA civilians and government agencies. Contact the Army Service Center (0800-1800 EST, Monday thru Friday) at (888) ARMYHRC (276-9472). For general military HR and veteran issues email: usarmy.knox.hrc.mbx.tagd-ask-hrc@army.mil

Use the link below to access the Army Service Center's answers to Frequently Asked Questions (FAQs) for Soldiers, Retired Soldiers, and family members.

<https://www.hrc.army.mil/content/Army%20Service%20Center>

Army Echoes is the U. S. Army's official newsletter for Retired Soldiers, surviving spouses and their families. *Army Echoes'* mission is to educate Retired Soldiers about their benefits and changes within the U. S. Army and to urge them to remain Soldiers for Life, representing the Army in their civilian communities.

Published four times each year in accordance with Army Regulation 600-8-7, *Army Echoes* is also published as a blog at <https://soldierforlife.army.mil/retirement/blog>. Past editions of the *Army Echoes* newsletter are available for free download from <https://soldierforlife.army.mil/retirement/army-echoes>.

Inquiries and comments about *Army Echoes* should be sent to Army Retirement Services, Attention: *Army Echoes* Editor, 251 18th Street South, Suite 210, Arlington, VA 22202-3531 or usarmy.pentagon.hqda-dcs-g-1.mbx.army-echoes@army.mil. Direct all other questions to the Retirement Services Officers listed on pg. 15.

Prior to using or reprinting any portion of *Army Echoes*, please contact the editor at usarmy.pentagon.hqda-dcs-g-1.mbx.army-echoes@army.mil.

Leadership

Deputy Chief of Staff, G-1: Lt. Gen. Gary M. Brito
Co-Chairs, Chief of Staff, Army Retired Soldier Council: Lt. Gen. David Halverson (USA Retired) and Sgt. Maj. of the Army Daniel A. Dailey (USA Retired)
Director, Army Retirement Services: Mark E. Overberg
Army Echoes Editor: Maria G. Bentinck

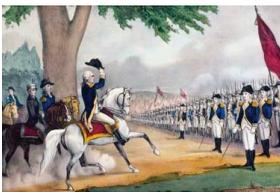
Circulation: 463,839 hard copies, 678,425 electronic copies



June 14th: The birthday of the U.S. Army

The U.S. ARMY BIRTHDAY: America's Senior Service

WASHINGTON — America's Revolutionary War began on April 19, 1775 with exchanges of musketry between British regulars and Massachusetts militiamen at Lexington and Concord. As their fellow citizen Soldiers from New Hampshire, Connecticut and Rhode Island responded to the alarm, a state of war existed between the four colonies and the British government. Called the Army of Observation, a force of New Englanders surrounded Boston and had the British troops who occupied it under siege, but they needed help. They appealed to delegates who represented all thirteen colonies to join them in the struggle for American liberty.



When the delegates to the Second Continental Congress convened in Philadelphia on May 10, they soon learned that armed men commanded by Ethan Allen and Benedict Arnold had captured the British forts at Ticonderoga and Crown Point on Lake Champlain

in New York. The constitutional crisis, in which Americans sought a redress of grievances from the British king and Parliament, had become open hostilities. The delegates realized that even though many desired reconciliation, they would now have to address the new military situation. The Congress took the next step that eventually transformed a local rebellion into a war for independence when it established the Continental Army: the force we know today as the U.S. Army.

On June 14, 1775, Congress "Resolved, That six companies of expert riflemen, be immediately raised in Pennsylvania, two in Maryland, and two in Virginia... [and] as soon as completed, shall march and join the army near Boston, to be there employed as light infantry, under the command of the chief Officer in that army."

The delegates then prescribed an oath of enlistment that required the Soldiers to swear:

"I have, this day, voluntarily enlisted myself, as a Soldier, in the American continental army, for one year, unless sooner discharged: And I do bind myself to conform, in all instances, to such rules and regulations, as are, or shall be, established for the government of the said Army."

The next day, Congress voted to appoint George Washington "to command all the Continental forces" and

began laying the foundation for "the American army." With words that sound hauntingly familiar two hundred forty-five years later, "**The delegates of the United Colonies ... reposing special trust and confidence in the patriotism, valor, conduct, and fidelity**" of George Washington, issued its first commission by appointing him "General and Commander in chief of the Army of the United Colonies, and of all the forces now raised, or to be raised by them, and of all others who shall voluntarily offer their services, and join the Defense of American liberty, and for repelling every hostile invasion..."



The U.S. Army Fife and Drum Corps performs for visitors at the Mt. Vernon home of Gen. George Washington, the country's first commander-in-chief. Secretary of the Army John McHugh kicked off the Army's 237th birthday week celebrations June 11 by laying a wreath at Washington's tomb and pinning Purple Hearts on three Soldiers.



U.S. Army service members cut a cake during a ceremony commemorating the U.S. Army's 237th birthday at the International Security Assistance Force headquarters.



ECHOES

Nine new cancers added to the presumed service-connected list related to particulate matter

On April 26, Department of Veterans Affairs (VA) announced the addition of nine rare respiratory cancers to the list of presumed service-connected disabilities due to exposure to fine particulate matter for veterans who served any amount of time in

- Afghanistan, Djibouti, Syria or Uzbekistan during the Persian Gulf War, from Sept. 19, 2001, to the present, or
- The Southwest Asia theater of operations from Aug. 2, 1990, to the present.

VA is taking a new approach to making decisions on presumptives, one that takes all available science into account, with one goal in mind – getting today’s veterans, and vets in the decades ahead – the benefits they deserve, as fast as possible.

VA identified, through a focused review of scientific and medical evidence, a biological plausibility between airborne hazards, specifically particulate matter, and carcinogenesis of the respiratory tract; the unique

circumstances of these rare cancers warrant a presumption of service connection.

Veterans and survivors who had claims previously denied for any of the below respiratory cancers are encouraged to file a supplemental claim for benefits:

- Squamous cell carcinoma of the larynx;
- Squamous cell carcinoma of the trachea;
- Adenocarcinoma of the trachea;
- Salivary gland-type tumors of the trachea;
- Adenosquamous carcinoma of the lung;
- Large cell carcinoma of the lung;
- Salivary gland-type tumors of the lung;
- Sarcomatoid carcinoma of the lung and;
- Typical and atypical carcinoid of the lung.

VA will contact impacted veterans and survivors to inform them about their eligibility and it will provide information on how to apply.

To apply for benefits, veterans and survivors may visit VA.gov or call toll-free at (800)827-1000.

The Soldier for Life sticker

The Soldier for Life sticker promotes the Soldier for Life mindset among Soldiers, Retired Soldiers, and veterans, uniting them in their desire to be Army advocates and demonstrate the value of a lifetime of service to the nation.

The stickers are officially known as Department of the Army Label 180 (Exterior) and 180-1 (Interior). DA Label 180 uses normal adhesive and is affixed to the outside of windows, on books, and other appropriate surfaces.



DA Label 180-1 uses electrostatic cling and is affixed to the inside of windows.

Both stickers may be provided by your RSO or you may purchase DA Label 180 from the Exchange and other retail businesses.

The sticker does not include the word "Retired" because it represents every Soldier for Life, including veterans who are not retired.

How to report the death of a Retired Soldier

Contact the Department of the Army Casualty and Mortuary Affairs Operations Division anytime by calling (800) 626-3317. You will be immediately referred to a local Casualty Assistance Center, who will report the death to the Defense Finance and Accounting Service to stop retired pay and initiate the survivor benefits process. If you reside overseas and the toll free number is not available, call your Retirement Services Officer listed on page 15 for assistance. When reporting the death, please provide as much of the information below as you have:

- Full name
- Social security number and/or service number
- Date and place of birth
- Disability Rating
- Circumstances surrounding the death
- Next of Kin (NOK) information
- Copy of death certificate
- Retirement date
- Retired rank



New from DFAS: helpful customer information guides for Retired Soldiers and annuitants

CLEVELAND — DFAS Retired and Annuitant Pay is working hard to provide better communication and helpful tools to make managing your retired pay or Survivor Benefit Plan (SBP) annuity pay easier. Our new Retiree Customer Information Guide and Annuitant Customer Information Guide outline the tools we developed to simplify finding basic information about your pay or submitting a request for a change to your account. The Customer Information Guides are downloadable from the Retired Military & Annuitants homepage at <https://www.dfas.mil/RetiredMilitary>. The new guides explain how to use many of our time-saving tools, including form wizards, online upload tools, status notifications, and our website.

Form Wizards

We currently have several form wizards available and are working on more. The form wizards “take the form out of the form” by walking you through the information needed to help ensure that all necessary fields are completed properly. The form wizards also have a helpful link to submit the form through an askDFAS online upload tool. Plus, some offer the option of signing electronically.

askDFAS Online Upload Tools

Many forms or requests can be submitted online via the [DFAS.mil](https://www.dfas.mil) website using the askDFAS online upload tools. The new askDFAS submission tools were established to improve the way requests are submitted and eliminate the time sending requests through mail or fax. Upload your form in a PDF directly from your home computer. Just fill in the information requested on the askDFAS online upload tool page and upload the form you want to submit in a PDF.

askDFAS Online Forms

Send DFAS information or a request via one of our AskDFAS online forms:

- Retirees and annuitants can get 1099-Rs sent to their mailing address on record or to a one-time, temporary mailing address by submitting the request online on askDFAS.

- Use our convenient online form to report the death of a military retiree.

askDFAS FAQs

Read helpful questions and answers about retired pay or SBP annuitant pay, or submit a question of your own. Please note, these are general questions and answers, not those specific to an individual situation.

Email Status Notifications

Email status notifications are underway! We are starting to send status notifications with progress updates on your requests. We send you updates when: (1) we receive your request; (2) your request has been assigned for processing; (3) the request has been completed.

There are two ways to receive notifications:

- a. If you send a form to us using one of the askDFAS Online Upload Tools, we send updates to you using the email address you provide on the upload tool.
- b. If you send a form or request to us using fax or mail, we send updates to you using the email address registered in your myPay account. You can review and update your email address in myPay at any time at <https://mypay.dfas.mil>.

myPay

The fastest and most secure way to manage your retired pay or SBP pay account is through myPay at <https://mypay.dfas.mil>. myPay is available using the internet from your computer or your mobile device browser. myPay provides convenient access to a range of information about your payments, and lets you easily update your contact information or your tax withholding, check your SBP coverage and your AOP beneficiary (retirees), submit your annual certification (annuitants), or download your tax documents. Retirees and annuitants can log in to myPay, and print a 1099-R from the comfort of their home. Also, when you have an email address in myPay, you can receive important email messages from DFAS about your pay account and information from your Branch of Service.

For more information, visit <https://www.dfas.mil/RetiredMilitary>.

myPay account for gray area Retired Soldiers

Gray Area Retired Soldiers now have a new way to stay connected and informed between the time drilling stops and receiving retired pay. It's a new kind of myPay account that helps you keep your contact information current so that you can stay on top of your future retired pay. Go to <https://www.dfas.mil/grayarea> for additional information.





Do you need all 4 Parts of Medicare for TRICARE for Life?

FALLS CHURCH, Va. — Do you have Medicare, or will you soon be eligible to enroll? Medicare has four parts: A, B, C, and D. It's important that you understand how each part differs and which parts you'll need for TRICARE For Life (TFL).

TFL provides secondary coverage to Medicare, which is known as Medicare-wraparound coverage. TFL is an individual entitlement. This means it's only available to military retirees and their eligible family members who qualify for Medicare. TRICARE enrollments for family members who aren't eligible for Medicare remain the same.

Here's what you need to know about the four parts of Medicare.

Medicare Part A: Hospital Insurance

You need Medicare Part A to have TFL coverage. Medicare Part A is hospital insurance funded through payroll taxes. It helps provide coverage for:

- Inpatient care in hospitals
- Skilled nursing facility care
- Some home health care
- Hospice care

Most people become eligible for premium-free Medicare Part A at age 65 if they worked and paid Social Security taxes for at least 10 years. If you aren't eligible for Medicare Part A based on your own work history, you may be eligible based on your spouse's work history. What if you aren't eligible for premium-free Medicare Part A based on your own or your spouse's work history? Check out the *TRICARE and Medicare: Turning Age 65 Brochure* at <https://www.tricare.mil/publications> for instructions on how to remain TRICARE eligible after you turn age 65.

Some people become eligible for Medicare before age 65 based on a disability or a health condition. Some qualifying conditions include end-stage renal disease or Lou Gehrig's Disease. Check out the *TRICARE and Medicare Under Age 65 Brochure* at <https://www.tricare.mil/publications> for instructions on how to remain TRICARE eligible when you become eligible for Medicare before age 65.

Medicare Part B: Medical Insurance

You also need Medicare Part B to have TFL coverage. Medicare Part B is medical insurance funded through monthly premiums. It helps cover:

- Services from doctors and other health care providers
- Outpatient care
- Home health care
- Durable medical equipment (wheelchairs, walkers, and hospital beds)
- Preventive services (screening, vaccines, and yearly wellness visits)

As outlined in the *TRICARE and Medicare: Turning Age 65 Brochure*, the Medicare Part B premium is based on your income and is taken from your monthly Social Security retirement or disability payment. If you aren't receiving either of these payments, you'll receive a bill every three months for your premiums.

Both Medicare Parts A and B make up Original Medicare. If you're eligible for Medicare Part A, you must have Part B to have TFL coverage. This requirement doesn't apply to active duty family members or to individuals who've been enrolled in the US Family Health Plan continuously since Oct. 1, 2012.

"You should sign up for Medicare Part A and Part B when you're first eligible, to avoid a break in your TRICARE coverage, or having to pay a penalty," said Anne Breslin, TRICARE For Life program manager at the Defense Health Agency. "If you sign up for Medicare Part B after your Initial Enrollment Period, you may have to pay a late enrollment premium penalty for as long as you have Part B."

The only way you won't have to pay the late enrollment penalty when you delay your enrollment in Medicare Part B is if you qualify for a Special Enrollment Period.

The other two Medicare Parts (C, D) are optional. You don't need them to have TFL.

Medicare Part C: Medicare Advantage

Medicare Part C refers to Medicare Advantage plans. This is optional coverage offered by private companies that contract with Medicare. A Medicare Advantage plan must cover Medicare Part A and Part B services. These plans may offer you additional benefits not covered by Medicare or TRICARE. And about half of the Medicare Advantage plans include Medicare Part D drug coverage.

(Continued on page 7)



Recently retired from service? Take advantage of your FEDVIP enrollment period.

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

Sponsored by OPM, FEDVIP is a voluntary, enrollee-pay-all dental and vision insurance program. It replaced the former TRICARE Retiree Dental Program (TRDP). In general, retired uniformed service members, their families, and survivors are eligible for FEDVIP dental coverage and, if enrolled in a TRICARE health plan, FEDVIP vision coverage.



Who is eligible? Retiring uniformed service members are considered newly eligible for FEDVIP. This includes Retired Reserve members who are age 60 and older and under age 60 (gray area reservists) not yet receiving retired pay. Also, an unmarried surviving spouse, eligible child, or eligible dependent of a Retired Soldier or Retired Reserve Soldier is eligible to enroll in a FEDVIP dental plan and if enrolled in a TRICARE health plan, FEDVIP vision coverage.

If you've recently retired from the uniformed services, you have a **91-day enrollment window** to enroll in a FEDVIP dental and/or vision plan. If you are retired from the uniformed services and you are now leaving or retiring from private sector employment, you are able to enroll in FEDVIP within 60 days from your retirement date. If you experienced a qualifying life event (QLE), such as losing insurance as part of leaving the private sector, then you are eligible to enroll in FEDVIP within 31 days prior to and 60 days after the date of the QLE. However, if you are only canceling insurance with your employer but it is still available to you, then you must wait until the next open season to enroll.

FEDVIP is popular among the more than 3.5 million people already enrolled in the program, giving the program high marks for quality and value. If you experience a QLE during open season and want to enroll, change, or cancel your dental and/or vision coverage for the current plan year, you must call BENEFEDS Customer Service. For more information on the program, explore [BENEFEDS.com/military](https://www.benefeds.com/military) or call (877)888-FEDS (877)888-3337.

(Continued from page 6)

Considering enrolling in a Medicare Advantage plan? You should be aware of the following: You may pay a monthly plan premium, plus your Medicare Part B premium. You'll also have to pay copayments at the time of service. This means you'll have to file a claim with TFL to be reimbursed for any copayments. TRICARE can reimburse you for copayments for TRICARE covered services. You must also get health care services from the Medicare Advantage plan's network of providers, with the exception of emergency services.

Medicare Part D: Prescription Drug Coverage

Medicare Part D helps cover the cost of prescription drugs. However, you don't need Medicare Part D. TFL beneficiaries remain eligible for the TRICARE Pharmacy Program. This means you still have the same pharmacy options to fill your covered prescriptions.

If you sign up for Medicare Part D, it's important to remember that Part D has a monthly premium which varies depending on which plan you choose. Medicare Part D coverage and costs can change each year, so it's important to review your options annually. If you get Medicare Part D, it would be the primary payer for your prescription medication. And the TRICARE Pharmacy Program would be the last payer for all TRICARE covered prescription drugs.

You have different options for your Medicare coverage. But remember, you only need Medicare Part A and Part B to have TFL coverage. You can learn more about TFL eligibility and the four parts of Medicare by checking out Becoming Medicare-Eligible on the TRICARE website at <https://www.tricare.mil/LifeEvents/Medicare>.

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



Ask Joe: Your Benefits Guru



Hi Joe,

I'm a reservist and just entered the 'Gray-Area' (Retired Reserve) yesterday. Now that I don't have a CAC, how do I get into websites like TRICARE, milConnect, va.gov and other DoD/Government websites I use? I have heard of DS Logon, but do I need one? If so, how hard is it to get one?

Getting My Ducks in a Row

Dear Ducks,

Congratulations on entering the Retired Reserve! Definitely get your DS Logon to retain access to the DoD and government websites you will continue to use as a Gray Area Reservist. Since you no longer have your CAC, obtaining a DS Logon account entails more effort than if you had registered for one before turning in your CAC. One way to apply for a DS Logon is by clicking on "Need An Account?" on the DMDC login page (<https://myaccess.dmdc.osd.mil/identitymanagement/authenticate.do?execution=e9s1>), which leads you through a 10 step process to register and includes a requirement to Remote Proof. You consent to a "soft-inquiry" on your credit report to Remote Proof for identity verification. This will NOT affect your credit score and can take up to 10 minutes. A second way to apply for a DS Logon is by notifying the Verifying Official at the ID Card Office when you get a new ID card that you want to register for a DS Logon. The official will ask for your email address and give you instructions to follow. You receive a time-sensitive email within 24 hours that details the activation steps. If you have already gotten your retired military ID, this option is not the best one for you at this time. More information on both these registration options are provided in the FAQs (https://myaccess.dmdc.osd.mil/identitymanagement/help.do?execution=e1s1#ht_476). Registering for a DS Logon is easier before you turn in your CAC, but it is still possible without a CAC. It will just take a little more time.

Joe

Dear Joe,

I will be retiring in a couple of years as a federal civilian employee after retiring as a Soldier. I have been wondering if there is a way to determine if it's best to keep TRICARE For Life or my civilian insurance as my secondary insurance once I hit Medicare age. The cost of the civilian health benefits dwarfs the TRICARE For Life costs but was wondering if coverage would differ greatly.

Seriously Stumped

Dear Stumped,

This decision is an important one, so you'll want to give it due diligence. There are several factors to take into consideration on whether to choose Tricare For Life or another insurance as a secondary insurance to Medicare. These factors include: (1) what level of coverage you think you will need; (2) what type of medical treatment you think you will need; (3) how much flexibility you want in choosing medical providers; (4) and your ability to pay for treatment and premiums in the future. Some people are comfortable doing the research themselves, while others prefer to consult with their financial advisor. To learn more about Tricare For Life, check out the article on page 6-7 and visit the Tricare For Life factsheet on MyArmyBenefits ([https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/TRICARE-For-Life-\(TFL\)](https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/TRICARE-For-Life-(TFL))). Best of luck!

Joe

Vacation planning with MyArmyBenefits

WASHINGTON —After two years of a worldwide pandemic with varying degrees of shutdown in the U.S. and overseas, many are preparing to travel this summer and venture outside their staycation zone. Travel experts are predicting a record travel season this summer as consumers turn pent-up demand into action. With higher demand, comes lower availability and often higher costs. What does MyArmyBenefits (<https://myarmybenefits.us.army.mil/>), the Army's official military benefits website, have to do with your travel plans? We can help you plan, by providing some cost-saving benefits information.

If you are planning to enjoy the great outdoors and visit some of our nation's most beautiful landscapes, check out the National Park Annual Interagency Military Pass (<https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/National-Park-and-Interagency-Military-Pass>). This pass provides free entrance to national parks and other federal recreation areas for current U.S. servicemembers, their eligible family members, veterans, and Gold Star family members. The free access includes the pass holder and traveling companions in a single, private non-commercial vehicle, or the pass holder plus three persons aged 16 and older when admission is per person. The 2022 NDAA, which became law on 27 December 2021, authorized veterans and Gold Star families a free lifetime pass to national parks and other federal recreation areas. These passes are not available yet but should be obtainable later this year.

Another travel benefit available to retired servicemembers and their eligible family members is the use of Morale, Welfare and Recreation (MWR) ([https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Morale-Welfare-and-Recreation-\(MWR\)](https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Morale-Welfare-and-Recreation-(MWR))) Armed Forces Recreation Centers (AFRC). If you are considering a trip to the "Mouse's House" in Florida or vacationing in Germany, Hawaii, or Korea, check out these four full-service resort hotels run by MWR that provide family-oriented vacation recreation opportunities: Shades of Green on Walt Disney World Resort in Florida, Edelweiss Lodge and Resort in the German Alps, Hale Koa Hotel on Waikiki Beach in Hawaii, and Dragon Hill Lodge in Korea.

If you are planning to stay closer to home, visit your nearest MWR Outdoor Recreation office ([https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Morale-Welfare-and-Recreation-\(MWR\)](https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Morale-Welfare-and-Recreation-(MWR))), recreation areas, and a variety of equipment rentals like campers, tents and camping equipment, kayaks, and more. Whether traveling far away or exploring your local and

regional areas be sure to visit your nearest MWR Leisure Travel ([https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Morale-Welfare-and-Recreation-\(MWR\)](https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Morale-Welfare-and-Recreation-(MWR))) and see what tickets, tours, and discounts they offer to attractions in the area you plan to visit. Browse our state/territory fact sheets (<https://myarmybenefits.us.army.mil/Benefit-Library/State/Territory-Benefits>) for benefits and recreation activities offered to veterans and retired military and their eligible family members. Some states offer free or discounted admission to state parks as well as discounted hunting and fishing licenses.

Before you depart on your adventure, or if you are traveling near a military installation, plan to visit the commissary ([https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Defense-Commissary-Agency-\(DeCA\)](https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Defense-Commissary-Agency-(DeCA))) and PX (<https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/The-Exchange>) for snacks and supplies. If you need help finding services at an installation, use our Resource Locator (<https://myarmybenefits.us.army.mil/Benefit-Library/Resource-Locator>) to find location and contact information for all installations in every state and U.S. territory. As part of your travel preparations, use your TRICARE pharmacy (<https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/TRICARE-Pharmacy->) benefit to fill any prescriptions you need to take on your trip. Also, be sure you know what to do if you forget your medications and where to get replacements filled.

One benefit that has returned since being restricted to specific categories of travelers last year is Space-Available (Space-A) travel ([https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Space-Available-Travel-\(Space-A-Travel\)](https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Space-Available-Travel-(Space-A-Travel))). See the article on page 13 for more details. Additionally, MWR's American Forces Travel (<https://www.americanforcetravel.com/>) specializes in travel deals and military discounts for eligible military travelers, including retired military, on hotels, flights, cars, cruises, travel packages, and more.

When you travel this summer, don't forget to take advantage of all the benefits you earned. Use MyArmyBenefits (<https://myarmybenefits.us.army.mil/>) to find out about travel-related benefits and more!



<https://myarmybenefits.us.army.mil/>



Are you getting married? Don't forget about your Survivor Benefit Plan

By **Patty Cruz**, Army Survivor Benefit Plan Program Manager



With the arrival of wedding season, comes joy, stress and fun times. If you are among those getting married, make sure you have a conversation with your Retirement Services Officer about maintaining your Survivor Benefit Plan (SBP) coverage. Different situations mean different options and requirements. Let's go over some common scenarios.

Scenario 1: At retirement, you were unmarried, had no children and did not elect SBP coverage for a former spouse or insurable interest.

- You will have one year from your date of marriage to elect SBP coverage for your new spouse.
- If you do nothing or miss this one-year window, you will close the spouse SBP category for this spouse and any future spouse.

Scenario 2: At retirement, you were unmarried and elected child SBP.

- You will have one year from your date of marriage to add spouse SBP coverage to your current child SBP coverage. Your spouse will be the primary beneficiary.
- If you do nothing or miss this one-year window, you will close the spouse SBP category for this spouse and any future spouse.
- Your child SBP coverage will remain the same.

Scenario 3: At retirement, you were unmarried and declined child SBP.

- You will have one year from your date of marriage to elect spouse SBP coverage.

- If you do nothing or miss this one-year window, you will close the spouse SBP category for this spouse and any future spouse.

Scenario 4: At retirement, you were married and elected spouse or spouse and child SBP.

- You will have one year from your date of marriage to do one of these three things:
 - Resume spouse SBP coverage
 - Increase the level of coverage up to the full retired pay
 - Elect not to resume spouse SBP coverage
- If nothing is done within one year of marriage, then spouse coverage will resume automatically at your first anniversary of marriage. You will need to submit the marriage certificate to the Defense Finance and Accounting Service (DFAS), so that they have the correct beneficiary listed.

Scenario 5: At retirement, you elected insurable interest.

- You can terminate insurable interest SBP coverage and then elect spouse SBP within one year of your marriage.

Every situation is different, so make sure you speak with your servicing Retirement Services Officer (RSO) about your specific situation. You can find your servicing RSO on page 15 or at <https://soldierforlife.army.mil/Retirement/rso?maps=all>.

SBP DIC offset phased elimination – last year of the offset

By **Patty Cruz**, Army Survivor Benefit Plan Program Manager

If you are a surviving spouse eligible to receive both the Survivor Benefit Plan (SBP) Annuity and the Dependency and Indemnity Compensation (DIC) from the Department of Veterans Affairs (VA), this is the final year your SBP annuity will be offset by DIC.

If your SBP annuity is greater than one-third the DIC amount, you should've already seen an increase in your SBP annuity. If your SBP annuity is less than one-third the DIC amount you will not see a change until February 1, 2023. For more information, check out the following resources:

- Elimination of the SBP-DIC Offset Video - <https://vimeo.com/454768396>
- DFAS: <https://www.dfas.mil/retiredmilitary/survivors/SBP-DIC-News/>
- Military One Source: <https://www.militaryonesource.mil/media/news-and-releases/phase-out-of-the-sbp-dic-offset-frequently-asked-questions>
- Defense.gov: <https://militarypay.defense.gov/Benefits/Survivor-Benefit-Program/>
- DoD Office of Financial Readiness: <https://finred.usalearning.gov/>



Arlington National Cemetery is at a crossroads...



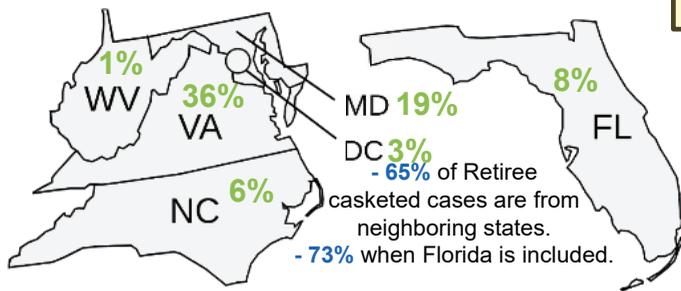
WASHINGTON — Over the years, Arlington National Cemetery (ANC) has become more desirable through exclusivity. Congress recognized ANC’s iconic nature when passing the National Cemeteries Act of 1973, which transferred jurisdiction for all national cemeteries, except ANC and the United States Soldiers’ and Airmen’s Home, to the VA. Retaining ANC under the Department of the Army preserved ANC’s strict eligibility standards, which have changed 14 times in the past 150 years with the last significant change in 1980.

ANC is undergoing its largest expansion to date, Southern Expansion, after which there will no longer be sufficient adjacent land in which to expand to meet the Congressional mandate to remain an active cemetery well into the future. As it has done throughout its storied history, ANC must again restrict eligibility to allow the nation to honor future generations for their sacrifices.

Who is most Impacted?

Removing the last two fiscal years to ensure data isn’t skewed by the drop in interments and inurnments due to COVID, ANC averages 4070 first interments and inurnments a year. Forty seven percent of those are retirees, which is 1913 retiree or spouse interments or inurnments). Of this, about 40 percent are casketed. This equates to an average of 765 retiree casketed burials. Of the roughly 1500 per year above-ground cremains, some may no longer qualify going forward if they lack armed conflict service, so a subset of this population may end up with the National Cemetery Administration (NCA).

Retiree Casketed Cases ~ 765 average per year



VA - 275
MD - 145
FL - 61
NC - 46
DC - 23
WV - 8



This concentration of retiree casketed cases means the NCA is well suited to accommodate this population. Quantico National Cemetery is 20 miles from Arlington and has 130 developed acres, with over 600 undeveloped acres for room to expand. The NCA has seven national cemeteries in Florida open for casketed burials.

Key points

- When the revised eligibility rule is implemented, it will not affect previously scheduled services for interment or inurnment at ANC.
- Any request for burial initiated during the 30-day window between publication date and implementation date of the final rule will not be subject to the revised criteria. Revised criteria will only affect cases initiated after the implementation date.
- Retirees (without other eligibility) remain eligible at ANC for above-ground burial.
- Revised criteria does not impact the level of military funeral honors rendered.
- Revised eligibility at ANC will not affect veteran eligibility at the nearly 155 Veterans Affairs national cemeteries and 138 state, territorial, and tribal veterans’ cemeteries.
- More than 93 percent of veterans living in the United States have access to a free veteran’s burial option within 75 miles of where they live.
- VA National Cemeteries permit military funeral honors, supported by the Department of Defense (DoD) and VSOs, in accordance with law.

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ARMY ECHOES

Why you should join a local retiree council

WASHINGTON — Army leaders need Retired Soldiers. They know this. The leadership challenge is how to listen to all one million Retired Soldiers. That’s where the Retired Soldier council program comes in. Army policy for this program is contained in Army Regulation 600-8-7, Retirement Services Program.

Army leaders recognize that Retired Soldiers can be a force multiplier and perform duties where they live that Soldiers in uniform don’t have the connections, skills, proximity or time to perform. They also recognize that Retired Soldiers have a different perspective and different needs than currently-serving Soldiers. These retired Soldiers for Life are the Army’s largest demographic – its fourth component, so to speak.

If they are still interested in being an active member of the Army team, newly Retired Soldiers should start with the local “retiree council.” We use the name “retiree” for these councils because, at the installation level, the councils are “purple.” These councils include retirees from all military services even though they advise the local Army leadership, normally one of 53 Army garrison commanders charged with providing services and information to Retired Soldiers in a geographic area defined in the regulation.

The Adjutant General of West Virginia stood up the first Army National Guard-sponsored retiree council in 2020. So far, there are no Army Reserve Readiness Division retiree councils.

The objectives of the Retired Soldier council program are to:

- Provide advice and recommendations regarding vital issues and concerns of Retired Soldiers, surviving spouses, and their families
- Provide an assessment of how current Army programs

and initiatives and proposals for new laws and policies may affect the retired community

- Strengthen communications between the Regular Army, the Army National Guard, the Army Reserve, and the retired community
- Encourage Retired Soldiers to remain active Soldiers for Life, who strive to help veterans find employment, inspire the next generation to join the military, and inspire Americans to trust and support the military

The installation councils:

- Have officer and enlisted co-chairpersons
- May include members of all services
- Are governed by procedures in a charter approved every two years by the commander they advise
- Meet with the local commander they advise at least twice per year to discuss issues of concern to Retired Soldiers and how Retired Soldiers can support the command
- Include subordinate area councils, as needed, in geographically remote areas
- Assist the Retirement Services Officer (RSO) in planning and executing the annual Retiree Appreciation Day
- Assist the RSO with publishing the local annual retiree newsletter
- Nominate issues of concern to be discussed by the Army Chief of Staff’s Retired Soldier Council
- Nominate local council members for membership on the Army Chief of Staff’s Retired Soldier Council

To find your local retiree council, refer to page 15 for a list of RSOs.



RETIREE APPRECIATION DAYS

Due to the COVID-19 pandemic, some RADs are being held virtually or subject to change. Call ahead for additional information.

LOCATION	DATE	CONTACT
Altoona, IA	18 Aug	(515) 277-6113
Rosemount, MN (Twin Cities)	19 Aug	(763) 516-2931
Fort Drum, NY	27 Aug	(315) 772-6434
Fort Leonard Wood, MO	9 Sep	(573) 596-0947
Fort McCoy, WI	9 Sep	(608) 388-3716
Tobyhanna Army Depot, PA	10 Sep	(570) 616-7019
Camp Zama, Japan	16 Sep	011-81464073940
Fort Carson, CO	17 Sep	(719) 526-2840
Selfridge, MI	17 Sep	(586) 239-5580
Schofield Barracks, HI	24 Sep	(808) 655-1514
JB McGuire- Dix-Lakehurst, NJ	24 Sep	609) 562-2666
Fort Campbell, KY	1 Oct	(270) 798-5280
Rock Island, IL	1 Oct	(563) 508-5123



LOCATION	DATE	CONTACT
USAG-Rheinland-Pfalz/Ramstein	13 Oct	49-61143541102
Fort Knox, KY	14 Oct	(502) 624-7236
USAG-Benelux-Brunssum	14 Oct	31-45-534-0260
Fort Bliss, TX	14-15 Oct	(915) 569-6233
USAG-Benelux (SHAPE)	15 Oct	32-68-25-5581
USAG-Bavaria	19 Oct	49-9641705264430
USAG-Ansbach	22 Oct	49-9802-83-3301
Fort Riley, KS	22 Oct	(785) 239-3320
USAG-Italy	26 Oct	49-980283-3301
Fort Belvoir, VA	28 Oct	(703) 806-4551
Fort Hamilton, NY	28 Oct	(718) 630-4552
Fort Rucker, AL	28 Oct	(334) 255-9124

Pack your duffle bag: It's time to fly Space-A again!

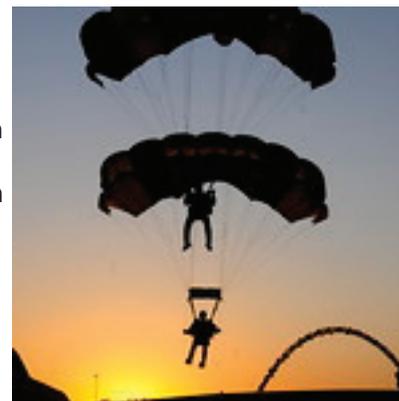
By Jeffrey F. Vaughan and Willie C. Williams, Soldier Support Branch U.S. Army Reserve Command

It's time to pack a bag! With COVID restrictions easing, all Space-Available travel program categories have been reinstated, including retirees. These are generally military flights with a mission, but they travel around the country and overseas. They are open to retirees of all services (Gray Area sponsors can only fly in CONUS). While sometimes unpredictable, Space-Available travel is a free or a discounted way to travel with dependents.

You can check what flights are regularly leaving to a determined destination. Most terminals have a Facebook page with their flight information out about three days in advance. You can also contact the closest Air Mobility Command passenger terminal for specific information at <https://www.amc.af.mil/AMC-Travel-Site/AMC-Space-Available-Travel-Page/>.

Space-A travelers are prioritized into one of six categories in which category one is designated for emergency leave. Retirees are in category six. Here are some tips:

- Retirees and their dependents should sign up 50-55 days before their planned travel date, as those on the list for longer will board before others in the same category.
- Closer to the travel date, call the terminal to double-check your status on the list.
- Check-in at the terminal at least an hour before your flight's roll call for passengers on your intended departure date.
- Check your terminal's online schedule frequently, as flight schedules and roll calls can change without notice.
- Have luggage in hand, paperwork signed, car parked, and all dependents corralled and ready to board.
- Expect to wait; remember, this is the military. As mentioned, boarding priority is by category, not rank. If you get "bumped" from your flight due to not having enough space, ask the terminal attendant to consider all flights going to your desired destination. There might be a flight to another location close to where you wanted to land. You still have "sign-up" time seniority in your category. You may still be able to depart that same day.



The U.S. Army Golden Knights jump started the 27th Annual Army-10 Miler with an aerial demonstration and landing, Oct. 9, in Washington, D.C. More than 30,000 people participated in the race, supporting Army Morale, Welfare and Recreation, a network of support and leisure services designed to enhance the lives of soldiers and their families.

Is it worth it? That is up to you, but you're trading some of your time for a discounted ticket. Being flexible is crucial and understand you may have to build in some buffer time in the beginning and/or end of your trip to accommodate changes or delays in traveling. In addition, make sure your family understands delays may happen due to availability. If you try to travel during peak season, around school breaks and major holidays, you will be waiting or may not get a flight out at all.

Space-Available travel is typically not a traditional civilian flight but a military "Gray Tail." Sometimes you will be sitting in "jump seats," a nylon fold-down seat on the side of the plane. If you plan to sleep on your flight, remember to take a blanket, pillow, or even a yoga mat. You may end up sleeping on a pallet of tires. If it is a long flight, they will charge a small fee for a boxed meal, but it doesn't hurt to bring your own snacks.

Flights can sometimes take an emergency to reroute to fulfill their primary mission. If your flight back from Florida is rerouted to Maine in winter, it may not be ideal, but again be flexible. Pack a little extra clothing, with the understanding you may experience a diversity of climate changes.

If traveling to Europe or Asia, consider grabbing a more open flight from the base to a country near your destination and then taking local civilian transportation. As the pandemic continues to evolve, travel conditions and requirements are changing.

Space-A travel can be the best way to take a trip with your family with the proper planning and documentation. The key is... FLEXIBILITY. Make the delays and alternate routes an adventure rather than an inconvenience. You may not have expected to go to Germany instead of France, but it's an opportunity for spontaneous sightseeing. Enjoy your trip.

'You've earned it!' Commissaries remind retirees and others of their shopping benefit



FORT LEE, Va. – You're leaving money on the table. That's the message the Defense Commissary Agency is saying to military retirees and other eligible beneficiaries, such as disabled veterans and their designated family caregivers, Purple Heart recipients and former prisoners of war.

"Shopping at the commissary puts more than 20 percent savings in your pocket every time you shop – that equals \$20-25 on every \$100 of groceries you buy," said Marine Sgt. Maj. Michael R. Saucedo, senior enlisted advisor to the DeCA director. "Along with saving you money, we have innovative ways, such as internet shopping with online ordering and curbside pickup, to help make your commissary shopping experience better than ever."

Many disabled veterans may not be aware that they are now authorized to use their congressionally mandated commissary benefit. To find out more information about expanded shopping benefits, visit the DeCA webpage on extended eligibility at <https://www.commissaries.com/extended-eligibility>.

Since Jan. 1, 2020, under the Purple Heart and Disabled Veterans Equal Access Act of 2018, eligible disabled veterans, certified caregivers, Purple Heart recipients and former prisoners of war were granted commissary, exchange and MWR retail shopping privileges. All they need is a Veteran's Health Identification Card that shows either service-connected, Purple Heart or Prisoner of War on the card's face.

"We are striving to anticipate our customers' needs and do what it takes to be their grocery provider of choice," Saucedo said. "Whether they were a regular commissary shopper while in uniform, or trying the commissary for the first time, we are sure they will find it worth the trip!"

Commissary customers are reminded to visit DeCA's website at <https://www.commissaries.com/> to get local commissary and base access information. They can also find valuable information on sales promotions, digital coupons, healthy recipes and more.

"Our veterans have earned tremendous military shopping benefits through their dedicated service," Saucedo said. "When they're on the installation checking out the commissary we also remind them to take advantage of available savings at base exchanges and morale, welfare and recreation outlet."

About DeCA: The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Commissaries provide a military benefit, saving authorized patrons thousands of dollars annually on their purchases compared to similar products at commercial retailers. The discounted prices include a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.

Soldiers for Life can grow their business with the Exchange

By Tom Shull, Army & Air Force Exchange Service Director/CEO

Serving takes courage, quick thinking and perseverance—qualities that make Soldiers for Life uniquely suited to entrepreneurship as they transition from active military service.

The Exchange is recruiting small businesses owned by veterans and retirees to help execute its 126-year mission to serve those who serve.

The Exchange is the Department of Defense's largest retailer, serving approximately 33.5 million Soldiers, Airmen, Guardians, retirees, veterans, military, family members, and DoD and Coast Guard civilians at military installations worldwide and online at ShopMyExchange.com.

The Exchange can help veteran business owners reach these shoppers and grow their brands, offering a proven environment for testing new products; a welcoming culture for entrepreneurs; and flexible leases, fees and formats. Models offered by the Exchange include mall kiosks, micro markets, storefronts and e-commerce—all strong avenues for maximizing visibility in trusted PX locations and at ShopMyExchange.com.

Best of all, doing business with the Exchange allows veteran entrepreneurs to stay connected with the military community and play a critical role in the Exchange's enduring mission to enhance the quality of life for Soldiers and military families.

Retail wholesale and nonretail procurement businesses, long- and short-term concessions, and vending and restaurant providers can learn more by visiting the Exchange website. We look forward to helping more veteran entrepreneurs grow their businesses and make military communities better for those who serve. Soldier for Life!

Tom Shull, a former infantry company commander, served as Military Assistant to Robert C. McFarlane, National Security Advisor to President Reagan. Currently, he is the Army & Air Force Exchange Service's Director/CEO and has served as CEO for retail and consumer packaged goods companies.

RETIREMENT SERVICES OFFICERS (RSOs)

Do you have questions about benefits, SBP, Retiree Appreciation Days, or anything else retirement-related? Then contact the RSO for your area or go to the Army Retirement Services website <https://soldierforlife.army.mil/Retirement/contact-us>.

INSTALLATION RSOs

(states/territories without Army installations list the RSO serving that area)

ALABAMA

• Redstone Arsenal
(256) 842-2719
usarmy.rsa.rso@mail.mil
• Ft. Rucker
(334) 255-9124/9739
usarmy.rucker.rso@mail.mil

ALASKA

• JB Elmendorf-Richardson
(800) 478-7384 (AK only)
(907) 384-3500
rso@richardson.army.mil
• Ft. Wainwright
(907) 353-2095
fwarso@wainwright.army.mil

ARIZONA

• Ft. Huachuca
(520) 533-1120
army.huachucarso@mail.mil

ARKANSAS

See Ft. Sill, OK

CALIFORNIA

• Presidio of Monterey
(831) 242-4986
usarmy.pomrso@mail.mil

COLORADO

• Ft. Carson
(719) 526-2840
usarmy.carson.rso@army.mil

CONNECTICUT

See West Point, N.Y.

DELAWARE

See Ft. Meade, Md.

D.C.

See JB Myer-Henderson Hall, Va.

FLORIDA

• Central & West MacDill AFB
(813) 828-0163
army.rso@us.af.mil
• Rest of FL, see Ft. Stewart, Ga.

GEORGIA

• Ft. Benning
(706) 545-1805/2715
usarmy.benning.imcom.mbx.g1hrdrso@mail.mil
• Ft. Gordon
(706) 791-2654/4774
usarmy.gordon.rso@mail.mil

HAWAII

• Ft. Stewart
(912) 767-5013/3326
usarmy.stewartrso@mail.mil
HAWAII
• Schofield Barracks
(808) 655-1514
armyschofieldrso@mail.mil

IDAHO

Ft. Carson, Colo. or JB Lewis-McCord, Wash.

ILLINOIS

Ft. Leonard Wood, Mo
Ft. McCoy, Wisc., Ft. Knox, Ky.

INDIANA

Ft. Knox, Ky.

IOWA

Ft. McCoy, Wisc.

KANSAS

• Ft. Leavenworth
(913) 684-5583
usarmy.leavenworth.imcom.mbx.retirements@mail.mil

• Ft. Riley
(785) 239-3320
usarmy.riley.rso@mail.mil

KENTUCKY

• Ft. Campbell
(270) 798-5280
usarmy.campbell.rso@mail.mil

LOUISIANA

• Ft. Knox
(502) 624-7236
usarmy.knox.rso@army.mil

LOUISIANA

• Ft. Polk
(337) 531-0363
usarmy.polk.rso@army.mil

MAINE

See Ft. Drum, N.Y.

MARYLAND

• Aberdeen Proving Grnd
(410) 306-2322/2323
usarmy.apgrso@mail.mil

MASSACHUSETTS

• Ft. Meade
(301) 677-9603
armyrsomeade@mail.mil

MASSACHUSETTS

See West Point, N.Y.

MICHIGAN

• UP: See Ft. McCoy, Wisc.

MINNESOTA

• Lower Mich.
Selfridge ANGB
(586) 239-5580

MINNESOTA

See Ft. McCoy, Wisc.

MISSISSIPPI

See Ft. Rucker, Ala.

MISSOURI

• Ft. Leonard Wood
(573) 596-6637
flwrso@mail.mil

MONTANA

See JB Lewis-McChord, Wash.

NEBRASKA

See Ft. Riley, Kan.

NEVADA

See Pres. of Monterey, Ca.

NEW HAMPSHIRE

See Ft. Drum, N.Y.

NEW JERSEY

• JB McGuire-Dix-Lakehurst
(609) 562-2666
usarmy.dix.rso@mail.mil

NEW MEXICO

See Ft. Bliss, Tx.

NEW YORK

• Ft. Drum
(315) 772-6434
usarmy.drum.rso@army.mil

NEW YORK

• Ft. Hamilton
(718) 630-4552
usarmy.hamilton.rso@mail.mil

• Watervliet Arsenal
(Wed/Thurs 0800-1300)
(518) 266-5810
wvarso@gmail.com

• West Point
(845) 938-4217
usarmy.westpoint.id-training.mbx.westpoint-rso@mail.mil

NO. CAROLINA

• Ft. Bragg
(910) 396-5304
bragrso@conus.mail.mil

NO. DAKOTA

See Ft. Riley, Kan.

OHIO

See Ft. Knox, Ky.

OKLAHOMA

• Ft. Sill
(580) 442-2645
usarmy.sill.rso@mail.mil

OREGON

See JB Lewis-McChord, Wash.

PENNSYLVANIA

• Carlisle Barracks
(717) 245-4501
usarmy.carlisle.rso@mail.mil

PENNSYLVANIA

• Tobyhanna Army Depot
(570) 615-7019
army.tobyhanna.rso@mail.mil

RHODE ISLAND

See West Point, N.Y.

SO. CAROLINA

• Ft. Jackson
(803) 751-5495
armyrs.jackson@mail.mil

SO. DAKOTA

See Ft. Riley, Kans.

TENNESSEE

See Ft. Campbell, Ky.

TEXAS

• Ft. Bliss
(915) 568-5204/569-6233
usarmy.bliss.rso@mail.mil

TEXAS

• Ft. Hood
(254) 287-5210
army.hoodrso@army.mil

TEXAS

• JB San Antonio
(210) 221-9004
usaf.jbsa.502-abw.mbx.502-fss-fsh-retirement-service-of@mail.mil

UTAH

See Ft. Carson, Colo.

VERMONT

See Ft. Drum, N.Y.

VIRGINIA

• Ft. Belvoir
(703) 806-4551
usarmy.belvoir.imcom.mbx.rso@mail.mil

• JB Langley-Eustis
(757) 878-2227
usarmy.eustis.rso@mail.mil

• Ft. Lee
(804) 734-6555/6973
usarmy.lee-rso@mail.mil

• JB Myer-Henderson Hall
(703) 696-5948/3689
usarmy.jbmyh.rso@mail.mil

• Ft. Meade
(410) 306-2322/2323
usarmy.meade.rso@mail.mil

• Ft. Monmouth
(703) 696-5948/3689
usarmy.jbmyh.rso@mail.mil

• Ft. Rucker
(334) 255-9124/9739
usarmy.rucker.rso@mail.mil

• Ft. Stewart
(912) 767-5013/3326
usarmy.stewartrso@mail.mil

• Ft. Wainwright
(907) 353-2095
fwarso@wainwright.army.mil

• Ft. White
(703) 806-4551
usarmy.belvoir.imcom.mbx.rso@mail.mil

• Ft. Yuma
(907) 353-2095
fwarso@wainwright.army.mil

• Ft. Zelevansky
(703) 806-4551
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OVERSEAS RSOs

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usarmy.sembach.ret-svcs@mail.mil

Germany

• Ansbach
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Baumholder

0611-143-541-1021
usarmy.rsobaumholder@mail.mil

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Stuttgart

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England

See HQ IMCOM Europe

Middle-East

See HQ IMCOM Europe

Netherlands

011-31-45-534-0260
usarmy.rsobenelux@mail.mil

Italy/So. Europe/Africa

• Vicenza
011-39-0444-71-4831
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Japan

• Camp Zama
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Okinawa

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Korea

• Yongsan
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ARMY RESERVE RSOs

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States: AR, AZ, CA, NM, NV, TX, OK

9th Mission Support Command

Honolulu, Hawaii
808-438-1600 x3553
RSO email: usarmy.shafter.9-msn-sup-cmd.list.retirement-services-office@mail.mil
Area: HI, AK, Guam, America Samoa, Japan, Korea, Saipan

81st Readiness Division

Ft. Jackson, South Carolina
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RSO email: usarmy.usarc.81-rsc.list.dhr-rso@mail.mil
States: LA, MS, NC, PR, SC, FL, KY, TN, GA, AL, 1st MSC

88th Readiness Division

Ft. McCoy, Wisconsin
Office: (608) 388-7448
RSO email: usarmy.usarc.88-rd.mbx.retirement-services1@army.mil
States: IA, ID, IL, IN, CO, KS, MI, MN, MO, MT, ND, NE, OH, OR, SD, UT, WA, WI, WY

99th Readiness Division

JB McGuire-Dix-Lakehurst, New Jersey
(609) 562-1696/7055/7425/1688
RSO email: Army99RSO@mail.mil
States: CT, DE, MA,

Are your mail and email addresses up to date?

Retired Soldiers, to include those in the Retired Reserve (“Gray Area”) must report any change in mailing or email address, work phone or home phone promptly to Commander, U.S. Army Human Resources Command (AHRC–PLO), 1600 Spearhead Division Ave., Fort Knox, KY 40122–5102.

Alternatively, Retired Soldiers may submit these changes by updating their myPay profile at the Defense Finance and Accounting Service or their milConnect profile at the Defense Manpower Data Center here <https://milconnect.dmdc.osd.mil/milconnect/>. Report to the Commander, HRC any condition (for example, medical, loss of professional licenses, and so forth)

which could possibly affect your ability to perform or hinder your performance while on active duty. You should also advise your employer about the possibility of your recall to active duty in a mobilization or national emergency.

To update address information:

Retired Soldiers in receipt of retired pay use DFAS myPay at <https://mypay.dfas.mil/#/> or call (800) 321-1080. Retired Reserve Soldiers not receiving retired pay use HRC’s Army Service Center at <https://www.hrcapps.army.mil/portal/> or call (888) 276-9472.



Army Retirement Services
251 18th Street South, Suite 210
Arlington VA 22202-3531
OFFICIAL BUSINESS

Air Mobility Command reopens Space-Available travel

SCOTT AIR FORCE BASE, III. — As of April 22, all restrictions on space-available (Space-A) travel have been lifted.

The Office of the Under Secretary of Defense temporarily suspended most Space-A travel aboard Air Mobility Command and contracted aircraft, effective March 21, 2020 in order to limit COVID-19’s spread and impact on the force.

Medical screening protocols may still apply for travelers heading outside the contiguous United States (OCONUS). Members traveling to a foreign country will need to follow any testing requirements listed within the Electronic Foreign Clearance Guide at <https://www.fcg.pentagon.mil/fcg.cfm>.

This reopening permits Space-A travel for uniformed service members, retirees, dependents and Reserve Component members to travel within the continental United States and outside the continental United States, if space allows.

Per Department of Defense policy, if necessary, Space-A travel limitations can be reinstated to help stop the spread of any future outbreaks of COVID-19. Mobility aircrew readiness is paramount to ensuring the Department is postured to project mobility airpower and global reach.

For additional information on Space-Available Travel, visit AMC’s travel website at <https://www.amc.af.mil/Home/AMC-Travel-Site/>. See page 13 for Space-A travel tips.



A C-130J Super Hercules taxis on the flightline at Little Rock Air Force Base, Ark., as Airmen from the 19th Airlift Wing return from a deployment, April 4, 2022. Airmen from the 19th AW deployed to Ali Al Salem Air Base, Kuwait, which is known as U.S. Central Command’s Theater Gateway and can respond to contingencies throughout the area of responsibility through tactical airlift operations. (U.S. Air Force photo by Airman 1st Class Maria Umanzor Guzman).