



"SERVICE CONTINUES"

Capital Area Coast Guard Retiree Council Newsletter

Council co-chairs: CDR Bruce Russell and YNCS Mike White

Issue 5

30 June 006

Your Council continues to be active, meeting 23 June 2006 at USCG HQ. Key issues discussed were:

- VA Personnel Records Theft
- Council Participation in the Coast Guard Retiree National Council Annual Meeting
- Formation and operation of the Coast Guard National Retiree Council Headquarters Retiree Program Coordinator's Office
- Expansion of the Council Mailing List
- Progress with the Council Web Site
- USCG Telephone System Changes
- Council Participation in Transition Assistance Program (TAP)
- New Council Member Selection
- Co-Chair Election

A copy of the Council meeting Agendas and minutes may be requested from CAPT Chuck Glass, ph (301) 598-6590 or E-Mail: cjglass@verizon.net.

Our objective is to publish a quarterly newsletter and provide you, the **Capital Area Coast Guard Retiree**, with information on Council activities and items of interest to Retirees in the Washington DC, Maryland and Northern Virginia Council area. In addition, we may send out items that are time-critical using our E-Mail list.

All are invited to contribute to the Newsletter, attend a meeting, and welcome to communicate with us prior to our Council meeting, or to provide informational items of interest to retirees. Please send an e mail, call, or write to our Council Co-Chairs, CDR Bruce Russell and YNCS Mike White, Council Secretary, Chuck Glass, or to our Newsletter editor, Norm Lemley (703) 528-1660 e-mail: nlemley2@comcast.net. Please "Pass on" this Newsletter to others that may be interested. We welcome additional e-mail and/or mailing addresses and phone numbers for our Capital Area Coast Guard Retirees mailing list.

We look forward to serving all Coast Guard Retirees and extend an invitation to attend our meetings and participate in Council projects and to keep us informed of your issues and concerns.

Council Meeting Schedule for 2006 -2007

Friday 29 September

Friday December 1, 2006

Friday March 30, 2007

Meetings are normally held at USCG Headquarters in Conference Room B718

Items/Activities of Interest



ADM Thad Allen Relieved ADM Tom Collins as USCG Commandant at Fort Lesley J. McNair 25 May 2006

Admiral Allen previously served as the Coast Guard Chief of Staff and Commanding Officer, Coast Guard Headquarters, in Washington, D.C., from May 2002 to April 2006. He also served as the Chairman of the Department of Homeland Security's Joint Requirements Council from 2003 to 2006. In September 2005, Admiral Allen was designated the Principal Federal Official for Hurricane Katrina response and recovery operations in Louisiana, Mississippi and Alabama. He additionally served as Principal Federal Official for Hurricane Rita response and recovery activities in Louisiana.

Prior to his assignment as Chief of Staff, Admiral Allen served as Commander, Coast Guard Atlantic Area, Fifth Coast Guard District, and U.S. Maritime Defense Zone Atlantic in Portsmouth, Va., where he was the operational commander for all Coast Guard activities in an area of responsibility spanning five Coast Guard Districts, encompassing more than 14 million square miles and involving 26,000 military and civilian employees, and 27,900 Auxiliarists. Admiral Allen led the Coast Guard's Atlantic Area forces in response to the terrorist attacks of September 11, 2001.

In his other flag assignments, Admiral Allen commanded the Seventh Coast Guard District where he directed Coast Guard operations in South Carolina, Georgia, Florida, and throughout the Caribbean. He has also been assigned as the Coast Guard's Director of Resources at Coast Guard Headquarters, where he was responsible for formulating the Coast Guard's budget, developing long range plans and managing the Coast Guard's performance plan.

A specialist in operations both in the coastal and offshore environments, Admiral Allen has served aboard three Coast Guard cutters: the Androscoggin, Gallatin and Citrus, which he commanded. His coastal command operational assignments include Captain of the Port / Group Long Island Sound, Connecticut; Group Atlantic City, New Jersey and LORAN Station Lampang, Thailand. Admiral Allen's other assignments included a tour as search and rescue controller in the Greater Antilles Section, San Juan, Puerto Rico; Intelligence Watch Officer at DEA/INS El Paso Intelligence Center, El Paso, Texas; Chief Budget Officer, Maintenance and Logistics Command Atlantic, Governors Island, New York; Deputy Project Manager, Fleet Modernization and Rehabilitation (FRAM) Project; and Assistant Division Chief, Programs Division, Office of the Chief of Staff at Coast Guard Headquarters.

Admiral Allen holds a Master of Public Administration degree from the George Washington University and received the Alumni Achievement Award in 2006. He also holds a Master of Science degree from the Sloan School of Management of the Massachusetts Institute of Technology. In 2003, Admiral Allen was elected a National Academy of Public Administration Fellow.

Admiral Allen is married to the former Pamela A. Hess of Champaign, Illinois. She is the Assistant Dean for Student Services at the George Mason University School of Management. Together they have three grown children, Amanda, Meghan and Lucas and two grandsons. Admiral Allen is the son of Clyde and Wilma Allen. Clyde Allen is a retired Coast Guard Chief Damage Controlman and World War II Veteran.

President Bush Officiates at Commandant's Change of Command Ceremony

President Bush officiates at Commandant's Change of Command Ceremony was the major speaker at the ceremony. Five cabinet officers, the Deputy Secretary of Defense, the Chairman of the Joint Chiefs, and the Navy CNO and four former USCG Commandants were also in attendance. The President conferred a Presidential Unit Citation on the Coast Guard for its valiant response to Hurricane Katrina. Citing impressive statistics - more than 4,000 Coast Guardsmen worked to save 33,500 people stranded along the Gulf Coast last year – President Bush described the relief effort as "one of the finest hours in the Coast Guard's 216-year history. The PUC, as it's nicknamed, is the highest military honor bestowed to a unit.

Each military service has a distinct ribbon to designate their receipt of the award. The Coast Guard is working with the Department of Homeland Security to develop the design for this new Coast Guard-specific ribbon to be used for this and any future Coast Guard PUC. For hurricane Katrina, this ribbon will be worn with a specially designed hurricane device attached.

All CG active duty, reserve, auxiliary, and civilian personnel who were affiliated with the Coast Guard at any time during the award period are eligible for the award.

Vice Admiral Vivien S. Crea assumed the duties as Vice Commandant



Vice Admiral Vivien S. Crea assumed the duties as Vice Commandant of the United States Coast Guard in June 2006. She serves as the Coast Guard's second in command and is the Agency Acquisition Executive.

Prior to her assignment as Vice Commandant, she served as Commander, Atlantic Area, and concurrently as Commander, Coast Guard Defense Force East. She was the operational commander for all Coast Guard activities within the eastern half of the world. Atlantic Area ranges from the Rocky Mountains to the Arabian Gulf and spans an area of responsibility that includes five Coast Guard Districts, 42 states and over 14 million square miles, more than 30,300 military and civilian employees, and almost 30,000 Auxiliarists.

Previous assignments include Commander, First Coast Guard District, Chief Information Officer and Director of Research and Development for the Coast Guard; Chief, Office of Programs (budget development and advocacy); Commanding Officer, Air Station Clearwater; Executive Assistant to the Commandant of the Coast Guard; Commanding Officer, Air Station Detroit; Operations Officer, Air Station Borinquen; and Military Aide to President Reagan.

A Coast Guard aviator, Vice Admiral Crea flew the HC-130 Hercules turboprop, HH-65 Dolphin helicopter, and Gulfstream II jet.

Vice Admiral Crea is a Massachusetts Institute of Technology Sloan Fellow and holds master's degrees from MIT and Central Michigan University, and a bachelor's degree from the University of Texas.

Bowen sworn in as MCPOCG

Master Chief Boatswain's Mate Charles "Skip" Bowen became the 10th master chief petty officer of the Coast Guard on Wednesday, relieving Master Chief Quartermaster Frank Welch, who retired after 26 years in the service.



Bowen has 28 years experience in the service. He arrives at Coast Guard Headquarters in Washington, D.C., after serving as officer-in-charge of Coast Guard Station Marathon, Fla.

The master chief has spent much of his career in Florida and has held numerous commands, including serving as officer-in-charge of Station New Haven, Conn., officer-in-charge of Station Sand Key, Fla., officer-in-charge of the 82-foot patrol boat Point Turner and officer-in-charge of the 87-foot patrol boat Hammerhead.

He also has worked as the command master chief of 7th District in Miami.

Capital Area Retiree Council Welcomes RADM Duncan C. Smith USCGR RET to the Retiree Community

Rear Admiral Duncan C. Smith's retired from the United States Coast Guard on June 29, 2006. His retirement ceremony was held at TISCOM in Alexandria, Virginia. RADM Smith served until his retirement as PACAREA Deputy Area Commander and Senior Reserve Officer Pacific. He is a long time Washington DC area resident and a welcome addition to our Retiree community.

Volunteers Needed for the new Retirees Help Desk

The National Coast Guard Retiree Council Headquarters Retiree Program Coordinator's Office Telephone/E-mail "HOTLINE" has been established, and is staffed by members of the Capital Area Coast Guard Retiree Council and other DC Area Retiree volunteers. More area volunteers are needed for the watch list.

This Office will serve as a Headquarters point of contact for retirees needing assistance to determine whom or where they should direct their inquiries. The Office will be a valuable contact point between the active duty Coast Guard and the Coast Guard military retiree community. This is important in these times of organizational change within the Coast Guard and our changing benefits and programs. There is no intent to curtail direct contact if the contact information is known.

Space has been allocated in Room 5500 at HQTRS for the Retiree Program Coordinator's Office. It is equipped with a computer, E-mail, and telephone service. The computer has access to both the USCG [Intranet](#) and the World Wide Web. A voice-mail box, 202-267-1727, and an E-mail address, NRHD@comdt.uscg.mil, have been established. Retirees will be able to call or E-mail questions and concerns. CAPT Warakomsky is spearheading the program and is the Capital Area Coast Guard Retiree Council's Coordinator.

A preliminary "Watchstanders" list of Council members has been established, but additional people are needed.

All Capital Area retirees interested in participating as "Watchstanders" are encouraged to contact CAPT Warakomsky: ph (703) 323-0891- bpwarakom@cox.net or LCDR Dave DuPont: 202 372 1497, DDuPont@comdt.uscg.mil for additional details. Volunteers are very welcome!!!

There are actually two watch lists. The first is basically a HQ "retiree" team that has daily access to the HQ e-mail system. The second is the more important "action" watch list of volunteers that are responsible on a weekly schedule for "responding" to the inquiries by phone or e mail.

The HQ "retiree" duty watchstander who monitors the NRHD@comdt.uscg.mil will forward the inquiry to the "action" duty watchstander, who also is monitoring the Help Desk telephone, 202-267-1727. The "action" duty watchstander will take appropriate action on both the e-mail and phone inquiries. An access number to retrieve messages called into 202-267-1727 will be provided to watchstanders.

"Watchstanders" will not be expected to be an expert on USCG Programs. If a question can not be answered, the main task will be to direct the "caller" to the right source. Standard Operating Procedures (SOPs) and Frequently Asked Questions (FAQs) files are available to "watchstanders" and will be a good information resource. It also may be necessary to come to HQ to address more difficult issues. Hopefully this will be the exception.

All USCG "retirees" are encouraged to contact the Retiree Program Coordinator's Office by telephone, 202-267-1727, or by e-mail, NRHD@comdt.uscg.mil, if they have questions or problems that are not otherwise being addressed or resolved. The Retiree Program Coordinator's Office team will make every effort to provide an answer or aid in finding the right person with the right answer and place that person in contact with the retiree.

VA Personnel Records Theft

Theft of the VA Personnel Records continues to be of concern. VA is taking steps to aid service members in dealing with the problem. Below is the most current word at this publication date.

"VA Offers Free Credit Monitoring
Associated Press | June 22, 2006

WASHINGTON - The government said Wednesday it would provide free credit monitoring to millions of veterans whose personal information was stolen last month, and it acknowledged it was not close to catching those responsible.

Veterans Affairs Secretary [Jim Nicholson](#) said the agency would seek to protect veterans and military troops against identity theft after their names, Social Security numbers and birthdates were taken from a department data analyst's home on May 3.

Any of the 17.5 million people known to have had their Social Security numbers compromised will be eligible for one year of [credit](#) monitoring. The VA has said up to 26.5 million could be affected, although some appeared to be duplicate names.

The move is expected to cost millions of dollars. [Credit monitoring](#) on average costs \$50 to \$150 per person each year, although rates are often lower when purchased in bulk. That price tag is in addition to the \$14 million the VA has spent to notify and assist veterans in what has become one of the nation's largest security breaches.

"It's not going to be cheap," Nicholson said at a news briefing, adding that authorities were no closer to finding the stolen data. "Free credit monitoring will help safeguard those who may be affected, and will provide them with the peace of mind they deserve."

He said those who have gotten letters from the VA saying they are at risk will receive additional information - probably in early August after the VA solicits bids from contractors - on how to sign up for the free monitoring for a year.

The VA also will hire a company for data analysis to look for possible misuse of the personal information. There have been no reports so far of any identity theft stemming from the burglary in suburban Maryland.

Veterans groups and lawmakers from both parties have criticized the agency about the theft and noted years of warnings by auditors that information security was lax. The data analyst - who is in the process of being dismissed - had taken the information home, apparently without his supervisor's knowledge.

The [VA](#) has been criticized for waiting nearly three weeks - until May 22 - to notify veterans about the theft.

Earlier this month, more than 150 House Democrats called on [President Bush](#) to request new money to provide credit monitoring to veterans. Veterans groups have filed suit against the VA, charging their privacy was violated and demanding \$1,000 in damages for each person.

On Wednesday, veteran's advocates praised the announcement as a good first step.

"Any resources expended to address the VA data breach must not be taken from the VA's current budget but rather should be new funds, as veterans and military families must not be punished for the administration's failures," said Rep. [Lane Evans](#), D-Ill., the top Democrat on the House Veterans' Affairs Committee.

Joe Davis, spokesman for Veterans of Foreign Wars, agreed. "We fully expect the [Congress](#) and the administration will provide the additional funding so that no VA program is negatively impacted," he said.

At the briefing, Nicholson said the VA was working with the White House to identify money to pay for the credit monitoring. No money will come out of program services, although there may be ways administratively to "tighten the belt," he said.

The VA has said it cost the government about \$14 million to set up an information call center as well as notify veterans and troops of the data theft by letter. An additional \$200,000 is being spent per day to maintain the call center.

It will cost millions of dollars to notify veterans by letter in early August about the credit monitoring and then to pay the contractor to provide the monitoring to veterans and military troops, said Sen. [Larry Craig](#), chairman of the Senate Veterans' Affairs Committee.

"This is a tremendous move by the administration which should put minds at ease," said Craig, R-Idaho. "The VA is responsible for the data breach, and it should be responsible for providing services to correct it. But it won't be free to taxpayers."

(NOTE: This is an evolving issue. A Judge has ruled that VA can not implement this till further review.)

For the latest news on the VA's Identity Theft, please go to <http://www.military.com/identity> “

Transportation Secretary Norman Mineta to Depart

Transportation Secretary Mineta who has served longer than anyone else now in the cabinet, announced that he will resign effective July 7.

Mr. Mineta was the first Asian-American cabinet secretary. He was the 14th secretary of transportation.

As an American citizen of Japanese descent, Mr. Mineta was sent to an internment camp along with his family during World War II. He became mayor of San Jose, Calif., in 1971 and then represented that area in Congress for 21 years.

Mr. Mineta was an active supporter of the Coast Guard. He also took a special interest in the SPAR program. At the recent Coast Guard Foundation Washington DC “Salute to the Coast Guard” Dinner, Secretary Mineta and Capital Area Council member, CWO Betty Splaine took the opportunity to renew acquaintances with the Secretary honoring Betty with his Secretary of Transportation coin.

Council Participation in Transition Assistance Program (TAP)

Co-Chair YNCS Mike White recently participated in a HQTRS Transition Assistance Program (TAP). He briefed attendees on the Capital Area Coast Guard Retiree Council, the National Council, other Regional Councils as well as the National Coast Guard Retiree Council "Headquarters Retiree Program Coordinator's Office Help Desk".

All attendees were urged to affiliate with a Retiree Council in the area where they retire or start their own, following instructions and guidelines as provided in COMDTINST 1800.5D. The Capital Area Coast Guard Retiree Council will participate in future TAP sessions.

The Summer Scene at the US Navy Memorial



Navy Band Concerts and Drill Team Performances offer patriotic fare in the Penn Quarter, United States Navy Memorial this summer, with a series of performances that are free and open to the public.

July 6, 1:00 p.m. Navy Ceremonial Drill Team Performance
July 11, 1:00 p.m. Navy Ceremonial Drill Team Performance
July 11, 8:00 p.m. U.S. Marine Band
July 13, 1:00 p.m. Navy Ceremonial Drill Team Performance
July 18, 1:00 p.m. Navy Ceremonial Drill Team Performance
July 18, 8:00 p.m. Navy Band, Sea Chanters & Cruisers

July 20, 1:00 p.m. Navy Ceremonial Drill Team Performance
July 25, 1:00 p.m. Navy Ceremonial Drill Team Performance
July 25, 8:00 p.m. Navy Band, Sea Chanters & Cruisers
July 27, 1:00 p.m. Navy Ceremonial Drill Team Performance
August 1, 1:00 p.m. Navy Ceremonial Drill Team Performance

August 1, 7:30 p.m. U.S. Coast Guard Band

August 3, 1:00 p.m. Navy Ceremonial Drill Team Performance
August 7, 8:00 p.m. Navy Band & Specialty Groups
August 8, 8:00 p.m. Navy Band, Sea Chanters & Cruisers
August 15, 8:00 p.m. Navy Band, Sea Chanters & Cruisers
August 22, 8:00 p.m. Navy Band, Sea Chanters & Cruisers
August 29, 8:00 p.m. Navy Band, Sea Chanters & Cruisers
September 4, 8:00 p.m. Navy Band, Sea Chanters & Cruisers

The band concerts generally run for 60 minutes and the drill team performances are 15 minutes long. For more information contact: Taylor Kiland (202) 380-0718 or taylorkiland@navymemorial.org

US Coast Guard Auxiliary Celebrates Sixty- seventh Anniversary

On June 23rd, the United States Coast Guard Auxiliary celebrated the sixty-seventh anniversary of its founding.

The USCG Auxiliary was founded in 1939 by an Act of Congress as the U.S. Coast Guard Reserve and re-designated as the Auxiliary in 1941. Its members donate millions of hours annually in support of Coast Guard missions. Its mission continues to expand.

The Auxiliary currently has an all volunteer workforce of over 31,000 members

For a summary of the Coast Guard Auxiliary's mission statistics for 2005, visit: <http://www.uscg.mil/hq/g-cp/comrel/factfile/Factcards/AuxGlance.html>

USCG Picnic to be held 5 August

The USCG Picnic will be held 5 August at TISCOM in Alexandria, Virginia. Additional information will be provided as it becomes available.

The National Retiree Council Annual Meeting

The National Retiree Council Annual Meeting was held 2-4 May at CGHQ. Council Members YNCS Dennis (Mike) M. White, USCG RET Co-Chair and CAPT Norman Lemley USCG RET attended.

It was an excellent meeting with a number of informative briefs. Copies of the briefing material can be requested from Capital Area Council Co-Chair YNCS Mike White mikewhit09@verizon.net or our Secretary, CAPT Chuck Glass at cjglass@verizon.net

The Capital Area Council Representatives gave a briefing on the stats of the National Coast Guard Retiree Council Headquarters Retiree Program Coordinator's Office. The Capital Area Council implemented the program at the request of the National Council during the annual April 2005 National meeting. They expressed appreciation and will "advertise" that it is up and running. (Calls and e mails are being received and acted on).

Sector Baltimore RADM "Bud" Sparks Award Winner

Sector Baltimore has been selected as the FY05 winner of the RADM Bennett "Bud" Sparks award. The RADM Sparks award is presented annually by the ROA to the active command judged to be the most supportive of a totally integrated Coast Guard Force demonstrated by its effective use of Coast Guard reservists. The award will be presented at the ROA 2006 national convention to be held 19-22 July 2006 in San Antonio, TX.

Coast Guard Death Notifications

As a follow-up to the last Issue on this subject, death notifications are being provided to CAPT Glass, as Council Secretary, and sending them out to Area Retirees via the Council's e-mail list. While such notices are not good news, it is important that Area Retirees be informed and afforded the opportunity to send condolences and attend funerals. CAPT Glass will send notices of deaths of other USCG members if and when he is provided that information

Representation at Coast Guard Funerals at Arlington National Cemetery

Also as a follow-up to the last Issue, Area Retirees are reminded that volunteers are needed for representation at Arlington Cemetery funerals. Those wishing to participate should contact Mrs. Brenda Bell directly at 301 469 6990 or email at hbelle4579@comcast.net.

Death of USCG Flag Officer Rear Admiral Raymond H. Wood, USCG RET

RADM Wood died Friday 16 June 2006. He Was 78. He is survived by his wife of many years, the former Marjorie Stearns, by his son Stephen and daughter Janet Bilodeau, by four grandchildren and one great grandson. A private burial service was held on 25 June at the family burial plot in West Lebanon, New Hampshire.

USCG HQTRS Changing Phone Numbers

HQTRS phone numbers are changing as USCG moves to a new system and to the DHS exchange. The change is being phased in over a period of time, floor by floor. The most current listing may be found on the USCG web page.

Coast Guard Seen Poised to Protect D.C. Airspace

ADM Thad W. Allen, Commandant of the U.S. Coast Guard, recently testified on the Hill that the Service would be ready to take charge of protecting Washington D.C.'s airspace in late September. Currently, errant aircraft in the capital region are intercepted and escorted out of the restricted zone by Black Hawk helicopters owned by the

Department of Homeland Security's Bureau of Customs and Border Protection (CBP).

ADM Allen testified before a hearing of the House Transportation and Infrastructure Coast Guard and Maritime Transportation Subcommittee on the Coast Guard Integrated Deepwater System. Allen also stated he is pleased with the level of support the Coast Guard's Deepwater program is receiving.

Allen added at the hearing that the Coast Guard has had "three very successful years in anti-drug interdiction programs. "Last year, the Coast Guard prevented more than 338,000 pounds of cocaine entering the United States by sea, an all-time record. It also prevented 9,500 undocumented migrants from entering the country illegally by sea, a 100 percent increase over 2001.

New Council Member Selection and Co-Chair Election

That time has come again to select new Council members and to elect a new Co-Chair. The Council has formed a Selection Committee chaired by CAPT Glass to solicit "nominees". A listing of current Council members can be seen at Attachment 2. Those interesting in serving or that have a nominee" are urged to contact CAPT Glass -- cjglass@verizon.net.

List of Useful Web Sites

A list of useful web sites is included as Attachment 1 in this newsletter and we welcome any suggested additions.

ATTACHMENT 1

CG News www.uscg.mil/news

CG Magazine <http://www.uscg.mil/magazine/>

USCG Home page <http://www.uscg.mil/USCG.shtm>

USCG HOME PORT www.homeport.uscg.mil

USCG Retiree Home page www.uscg.mil/hq/g-w/g-wp/g-wpm/retiree/retiree.htm

USCG Finance Center (for retired pay etc) <http://www.uscg.mil/hq/psc/index.htm>

USCG Evening Colors <http://www.uscg.mil/hq/psc/eveningcolors/index.htm>

Maritime Security Threat Level <http://www.uscg.mil/USCG.shtm>

USCG Fifth District <http://www.uscg.mil/d5/index.html>

USCG Sector Baltimore <http://www.uscg.mil/d5/sector/sectbalt/index.htm>

USCG Sector Hampton Roads <http://www.uscg.mil/d5/sector/hamptonroads/index.htm>

USCG Academy www.cga.edu

USCG Auxiliary www.cgaux.org

Coast Guard Magazine <http://www.uscg.mil/hq/g-cp/cb/CGMagazine.htm>

CG Reservist <http://www.uscg.mil/reserve/magazine/magazine.htm>

NAVY Times <http://www.navytimes.com/>

Coast Guard Mutual Assistance www.cgmahq.org

US Coast Guard Foundation <http://www.cgfdn.org/main.html>

USCG Recreational Boating Safety Office <http://www.uscgboating.org/>

USCG Deepwater Program <http://www.uscg.mil/deepwater/>

USCG Directives <http://www.uscg.mil/ccs/cit/cim/directives/welcome.htm>

USCG Personnel World Wide Locator CGlocator@Ballston.uscg.mil

USCG History <http://www.uscg.mil/hq/g-cp/history/collect.html>

USCG Memorial at Arlington Cemetery

<http://www.arlingtoncemetery.net/uscg-mem.htm>

USCG Aviation <http://www.aoptero.org/>

USCG Foundation <http://www.cgfdn.org>

USCG Coast Guard Band www.uscg.mil/band.

USCG Auxiliary Northern Va Div. 14 <http://www.uscgaux.org/~05414/index.html>

Air Force Academy <http://www.usafa.af.mil/>

Naval Academy <http://www.usna.edu//homepage.php>

Kings Point <http://www.usmma.edu/>

West Point <http://www.usma.edu/>

What Happened This Day in USCG http://www.uscg.mil/hq/g-cp/history/Chronology_index.html

Department of Homeland Security <http://www.dhs.gov/dhspublic/>

National Personnel Records Center (St. Louis, MO)

[http://www.archives.gov/facilities/mo/st_louis/military_personnel_records/standard form 180.html](http://www.archives.gov/facilities/mo/st_louis/military_personnel_records/standard_form_180.html)

National Association of State Boating Law Administrators <http://www.nasbla.org/>

TRICARE Information Systems <http://www.tricare.osd.mil/faqs/>

TRICARE For Life Beneficiary Letter (<http://tricare.osd.mil/tfl/pdf/carratoletter.pdf>)

TRICARE For Life Brochure (<http://tricare.osd.mil/tfl/pdf/brochure4June.pdf>)

TRICARE For Life Beneficiary Information Card (http://tricare.osd.mil/tfl/tfl_bencard.html)

TRICARE For Life Cost Matrix (<http://tricare.osd.mil/tfl/matrix.html>)

Social Security Administration Online www.ssa.gov,

Medicare Online www.medicare.gov

FREDS PLACE <http://www.fredsplace.org/>

Military Officers Association of America <http://www.moaa.org/>

ROA [http://www.roa.org/about us/about ov.asp](http://www.roa.org/about_us/about_ov.asp)

[The Retired Enlisted Association](http://www.trea.org/) <http://www.trea.org/>
USCG Warrant Officers Association <http://www.cwoauscg.org/>
USCG Chief Petty Officers Association <http://www.uscgcpoa.org/>
Coast Guard Combat Veterans Association <http://www.trea.org/>
Fleet Reserve Association <http://www.fra.org/aboutfra.html>
Navy League http://www.navyleague.org/index_flash.php
National Association for Uniformed Services <http://www.naus.org/>
Employers Support the Guard and Reserve www.esgr.com
Navy Memorial Events <http://www.lonesailor.org/events.php>
For SBP info: www.dfas.mil
Navy Mutual Aid Assoc: www.navymutual.org
Dept of Veterans Affairs: www.va.gov
VA Identity Theft Issues <http://www.military.com/identity>
FEMA Independent Study <http://training.fema.gov/EMIWeb/IS/crslist.asp>
USAA Insurance www.usaa.com
Geico Insurance www.geico.com
Ft Meyer Commissary
<http://www.commissaries.com/stores/html/store.cfm?dodaac=HQC�FH>
Ft Mead Commissary
<http://www.commissaries.com/stores/html/store.cfm?dodaac=HQC�EN>
Bolling AF Base Commissary
<http://www.commissaries.com/stores/html/store.cfm?dodaac=HQC�EB>
Annapolis NS
<http://www.commissaries.com/stores/html/store.cfm?dodaac=HQC�EL>
Andrews AF Base Commissary
<http://www.commissaries.com/stores/html/store.cfm?dodaac=HQC�EK>

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**ATTACHMENT 2
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