

## CG Regional Retiree Councils/Chairs-Sponsor Units

### **Capital Area Retiree Council-Base NCR**

David Bernstein, dberns01@gmail.com  
John Milkiewicz, locke45@hotmail.com

### **Central Gulf Coast Retiree Council-Base NOLA**

**Supporting Command—Sector Mobile**  
Terry Gilbreath, tgilbreath@asdd.com  
Charlie Womack, chwomack@gmail.com

### **East Cent. FL Retiree Council-Base Miami Beach**

**Supporting Command—Sector Jacksonville**  
Jim Reynolds, james.reynolds.cg@gmail.com

### **Great Lakes Retiree Council-Base Cleveland**

Lorne Thomas III, Lorne.W.Thomas@uscg.mil  
James Bach, uw\_jimmy@yahoo.com

### **Hawaii Retiree Council-Base Honolulu**

Rod Schultz, rschultz369@gmail.com  
Anthony Lim, hawaiiiretiree.cc@gmail.com

### **JAX FL Retiree Council-Base Miami Beach**

**Supporting Command—Sector Jacksonville**  
Mike Rosecrans, m.rosecrans@gmail.com  
Bobby Wester, bwester2549@aol.com

### **Kodiak AK Retiree Council-Base Kodiak**

Robert Lachowsky, roblachowsky@yahoo.com  
John Whiddon, jbwiddon52@gmail.com

### **Miami FL Retiree Council-Base Miami Beach**

David Cinalli, CGRCMiamiBeach@gmail.com  
Marc Fagenbaum, CGRCMiamiBeach@gmail.com

### **North East Retiree Council-Base Boston**

Kevin Brown, CGRetireeNorthEast@gmail.com  
Tom Hall, tadahall@msn.com

### **Northern CA Retiree Council-Base Alameda**

David Swanson, ddswanon@msn.com

### **Northwest Retiree Council-Base Seattle**

Bert Kinghorn (RADM), CoChairs@cgretirenw.org  
Sean McPhilamy, CoChairs@cgretirenw.org

### **New Orleans Retiree Council-Base NOLA**

Currently inactive

### **Pensacola FL Retiree Council-Base NOLA**

Currently inactive

### **San Juan PR/USVI Retiree Council-Base San Juan**

Carlos López, uscg.sj.rc@gmail.com  
Jose Baltar, uscg.sj.rc@gmail.com

## CG Regional Retiree Councils/Chairs-Sponsor Units

### **Sector Ohio Valley Retiree Council-Base Det. St. Louis**

**Supporting Command—Sector Ohio Valley**  
James Armstrong, James.S.Armstrong@uscg.mil  
Gerald Nauert, gnauert@oldhamcountky.gov

### **Southwest Retiree Council-Base Galveston**

Joe Leonard, jleonard83@aol.com  
Eric Pugh, Eric.pugh12@outlook.com

### **St Louis Retiree Council-Base Det. St. Louis**

Keith Livingstone, bassbolt@yahoo.com  
Becky Livingstone, rebalivingstone@att.net

### **Tampa Bay FL Retiree Council-Base Miami Beach**

**Supporting Command—Sector St. Pete**  
Don Goldstein, DGoldstein1@tampabay.rr.com  
LeRoy Dennison, LeRoy@dennison.com

### **Yorktown Retiree Council-TRACEN Yorktown**

Rick Gay rgay@earthlink.net  
David Bunch, dcbunch52@verizon.net

#### Key Phone Numbers and E-Mail

- CG PPC, Retiree & Annuitant Services, 866-772-8724, [PPC-DG-CustomerCare@uscg.mil](mailto:PPC-DG-CustomerCare@uscg.mil)
- CG National Retiree Help Desk (NRHD): 833-224-6743, [NRHDesk@gmail.com](mailto:NRHDesk@gmail.com)
- CG Retiree Services Program Manager, Robert Hinds, 202-475-5451, [Robert.C.Hinds@uscg.mil](mailto:Robert.C.Hinds@uscg.mil)
- CGNRC Co-Chairs: RADM Merrie Austin, USCG (Ret), [maustincgnrc@gmail.com](mailto:maustincgnrc@gmail.com), MCPO Lloyd Pierce, USCG (Ret), [cgsilverancientmariner11@outlook.com](mailto:cgsilverancientmariner11@outlook.com)

#### Key Websites

- CG Retiree Services Program, with links to internal & external websites: [www.dcms.uscg.mil/retiree](http://www.dcms.uscg.mil/retiree)
- CG Pay & Personnel Center, Retiree & Annuitant Services: <https://www.dcms.uscg.mil/ppc/ras/>
- CG Direct Access Self-Service: Update mailing address/ other info: <https://www.dcms.uscg.mil/ppc/ras/gp/>
- The Long Blue Line: <https://www.longblueline.org>

UNITED STATES COAST GUARD  
**Retiree!**



## U. S. Coast Guard Retiree Services Program Guide

April 2024



Respect



Honor



Devotion  
to Duty

**Service Continues**

*This is an unofficial, non-record publication.*

## Asst. Comdt. for Military Personnel (CG-1M)

RADM Michael W. (Joe) Raymond

Key responsibilities:

- Serve as Director and resource and implement an enterprise-wide Retiree Services Program.
- Coordinate program execution with Assistant Commandant for Health, Safety, and Work-Life, CG Personnel Service Center, Pay & Personnel Center, and Judge Advocate General.
- Process retiree requests for approval to accept Foreign Government Employment (FGE).
- Coordinate field-level execution at BASES and TRACENS with Operational Logistics Command (LOGCOM) and Force Readiness Command (FC).
- Serve as the Commandant's executive agent for the CG National Retiree Council (CGNRC), charter/support Regional Retiree Councils, and host the CGNRC's annual meeting.

### CG National Retiree Council Co-Chairs

RADM Merrie Austin, USCG (Ret)

[maustincgnrc@gmail.com](mailto:maustincgnrc@gmail.com)

MCPO Lloyd Pierce, USCG (Ret)

[cgsilverancientmariner11@outlook.com](mailto:cgsilverancientmariner11@outlook.com)

The Retiree Services Program provides retirees with important services and opportunities to connect with one another and the Coast Guard. Retirees are an important part of the "Long Blue Line" and as volunteers can continue to serve in important ways (e. g. mentoring transitioning members). The CGNRC communicates directly with CG senior leadership on issues of importance to retirees, ensuring your voice is heard and you're kept informed on changes that may affect you and your families. We encourage you to connect with your closest Regional Retiree Council, check out the various websites provided in this guide and stay informed by reading The Long Blue Line, now distributed to ALL CG Active Duty & Reserve members and +66,000 retirees.

## Mission/Charter

**Program:** Coordinate pre-retirement, transition, and retirement services, as described in this Instruction, with responsible policy, program, and technical authorities, the CGNRC/RRCs, and affinity groups.

**CGNRC:** Sustain open line of communication between the Commandant and CG Retiree Community through the Assistant Commandant for Military Personnel.

**Regional Retiree Councils (RRCs):** Provide unselfish and faithful service in maintaining a strong liaison between the Service and the retiree community. RRCs serve as a "bridge" between the CG and its Retiree Community.

### Strategic Objectives

- Ensure members retiring from the CG, and their family, are provided information and knowledge of the required pre-retirement counseling and transition assistance, facilitating a smooth transition to civilian life and connection with the CG Retiree Community.
- Ensure all members of the Retiree Community are:
  - ◇ Made aware of and provided the rights, pay, benefits, privileges, and services to which they are entitled; made aware of their responsibilities; and kept informed on the CG and programs, policy, and other items of interest.
  - ◇ Provided open lines of communication with the CG; offered opportunities to volunteer in support of the CG; recognized for volunteerism; and encouraged to *stay-connected* in a mutually beneficial, life-long relationship with the CG.

### CGNRC Organization

- Two co-chairs (one retired CG Flag Officer and one retired CG MCPO). Co-chairs normally serve for a three-year term.
- One representative of each chartered RRC (normally a co-chair).
- At-large members, including a CG annuitant and CPOA senior representative.

## CGNRC Responsibilities (Highlights)

- Keep CG senior leadership informed on issues of importance to retirees, supporting two-way communication and a mutually beneficial relationship between the CG and the retiree community.
- Conduct an annual meeting, hosted by CG-1M, meeting with the Commandant, MCPOCG, DCMS, and other CG leadership to receive updates on the CG, provide Council updates, and discuss issues of importance to the CG and retiree community.
- Submit an annual report to Commandant, through CG-1M, addressing CG and Council priorities, and planned action in support of those priorities.
- Partner with DoD National Retiree Councils in addressing retiree issues and sharing best practices.

### Regional Retiree Councils (RRCs)

- RRCs are organized by CG Districts to serve ALL retirees in a seamless network, with membership reflecting all members of the retiree community.
- Two co-chairs (normally retired senior officer and senior enlisted) help to coordinate outreach and activities with sponsoring units and area retirees, with one co-chair attending CGNRC meetings.
- The Capital Area CG Retiree Council operates a virtual National Retiree Help Desk responding to and connecting retirees with needed resources.
- Partner with DoD Retiree Services. BASE Alameda and the Northern California CG Retiree Council sponsor an Annual All-Services Retiree Seminar.

### BASES/TRACENS

- Assign an Active-Duty Retiree Services Coordinator to liaison between the command and sponsored RRC(s) in outreach to area retirees and efforts to connect active-duty members and retirees.
- Units not sponsoring an RRC will encourage and support area retirees in forming an RRC.