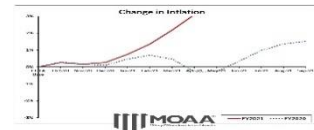


Retired Military Newsletter

June
2021

The April 2021 CPI is 261.237, 3.1 percent above the FY 2021 COLA baseline.

The Consumer Price Index for May is scheduled to be released June 10. The CPI baseline for FY 2021 is 253.412.



The Law All Veterans Are Bound To Forever. The U.S. Supreme Court chose not to hear the case of a retired Marine who was court-martialed for a sexual assault he committed three months after Honorably separating from the Marine Corps in August 2015. By not accepting to review the case (Larrabee v. the United States), the U.S. Supreme Court upheld the status quo: that military retirees are subject to the Uniform Code of Military Justice (UCMJ).

Attorneys argued that Larrabee's case should have been considered by the U.S. Supreme Court because it has far-reaching consequences for all Honorably discharged military retirees. The law stipulates that "retired members of a regular component of the Armed Forces who are entitled to retirement pay" and "members of the Fleet Marine Corps Reserve" are subject to court-martial jurisdiction.

The Government maintains, that military retirement is simply a change of military status and retired personnel are subject to recall should the need arise.

The Government argues that the very act of receiving retired pay means that retired military personnel are choosing to keep a relationship with the military and accept all that goes with the choice not to terminate their connection to the Armed Forces.

Bottom line for all military retirees, as long as they are receiving pay they will be bound to UCMJ law forever. (Source: VA Newsletter 24Jan2020)

Anger Management. The holidays look different this year. You may be worrying about the health of your loved ones or feeling upset that plans for family gatherings have changed. For many, this anxiety is on top of the stress and blues typically felt during the winter holiday season.

This year's circumstances are difficult, and it's understandable to have bad feelings. However, it's important to also think about how getting too angry can have consequences that affect those around you.

VA has tools and services to help Veterans struggling to manage angry feelings or control reactions to irritating events. The online web course, [Anger & Irritability Management Skills \(AIMS\)](#), is a free, anonymous, self-help program based on training that was developed for Veterans.

What's in the Course

AIMS offers a [Deep Breathing exercise](#) for different lengths of time. You'll learn a few seconds can make a difference.

There is a [2-minute quiz](#) you can take to see if the AIMS web program is right for you.

You can use the personalized [Anger Control Plan](#) to map out your goals for completing the course.

This online tool and the other resources available on the [Veteran Training website](#) have been updated to work on both computers and mobile devices so you can use them at home or on-the-go.

Take the AIMS course at your own pace

The holidays don't have to be perfect or just like you remember. Learning to recognize your triggers or warning signs will help you combat angry feelings before they lead to a bad situation.

Don't wait to seek the help you need. Take the AIMS course at your own pace. If it was recommended by your VA health care provider, be sure to follow their guidance. If AIMS doesn't work for you, we recommend following up with your VA provider about next steps. (Source: VA Vantage Point 14Dec2020)

VET TEC. A Department of Veterans Affairs high-tech job training program introduced last year has run out of money and won't return until its funding is replenished next October, VA officials announced 5 NOV. The Veteran Employment Through Technology Education Courses (VET TEC) program, which was created as part of the Forever GI Bill (Public Law 115-48), is meant to help veterans get the cutting-edge skills they need to succeed in today's high-tech industries. The planned five-year pilot program, which began Oct. 1, 2019, is limited to \$15 million in annual funding by law. After the \$15 million runs out, new enrollments for the program shut down. The VA announced that the 2021 funding ran out as of Nov. 5, 2020, little more than a month after the fiscal year began Oct. 1. As a result, no more veterans are eligible to enroll in the program until Oct. 1, 2021, the beginning of next fiscal year. In fiscal 2020, the allocated funding lasted only until 21 MAY. But that doesn't mean veterans interested in the program shouldn't go ahead and apply. Instead, VA officials said the future money will most likely be used on a first-come, first-serve basis, starting with any backlog of applicants. If you're thinking about enrolling, you should apply as soon as possible to get your name on the waiting list, officials said. Given the program's overwhelming success in the first two years of its existence, veterans who are interested in a high-tech job training program might want to explore other funding options that may be available to them, such as state veteran benefits or other GI Bill programs like On-the-Job training or certification testing. Whether you need a guide on how to use your GI Bill, want to take advantage of tuition assistance and scholarships, or get the lowdown on education benefits available for your family, Military.com can help. [Source: Military.com | Jim Absher | November 6, 2020 ++]

RADs. The Military Retirees & Veterans Events Schedule is intended to serve as a one-stop resource for retirees and veterans seeking information about events such as retirement appreciation days (RAD), stand downs, veterans town hall meetings, resource fairs, free legal advice, mobile

outreach services, airshows, and other beneficial community events. The events included on the schedule are obtained from military, VA, veterans service organizations and other reliable retiree\ veterans related websites and resources. The current Military Retirees & Veterans Events Schedule is available in the following three formats. After connecting to the website, click on the appropriate state, territory or country to check for events scheduled for your area.

- [HTML: http://www.hostmtb.org/RADs_and_Other_Retiree-Veterans_Events.html.](http://www.hostmtb.org/RADs_and_Other_Retiree-Veterans_Events.html)
- [PDF: http://www.hostmtb.org/RADs_and_Other_Retiree-Veterans_Events.pdf.](http://www.hostmtb.org/RADs_and_Other_Retiree-Veterans_Events.pdf)
- [Word: http://www.hostmtb.org/RADs_and_Other_Retiree-Veterans_Events.doc.](http://www.hostmtb.org/RADs_and_Other_Retiree-Veterans_Events.doc)

Note that events listed on the Military Retirees & Veterans Events Schedule may be cancelled or rescheduled. Before traveling long distances to attend an event, you should contact the applicable RAO, RSO, event sponsor, etc., to ensure the event will, in fact, be held on the date\time indicated. Also, attendance at some events may require military ID, VA enrollment or DD214. Please report broken links, comments, corrections, suggestions, new RADs and\or other military retiree\ veterans related events to the Events Schedule Manager, Milton.Bell126@gmail.com [Source: Retiree\ Veterans Events Schedule Manager | Milton Bell | April 15, 2021 ++]

COVID-19 Questions and Answers. It's been said that the COVID-19 vaccine contains the live virus, and that you can get COVID-19 from the shot. Is that true?

The COVID-19 vaccine cannot give you a COVID-19 infection because none of the authorized vaccines in the United States contain the live virus. The CDC explains that these vaccines are designed to teach our immune systems how to recognize and fight COVID-19, which can sometimes result in symptoms like fever.

These symptoms are normal and a sign that the body is protecting itself, not a sign of a COVID-19 infection. The COVID-19 vaccine needs time to fully protect you from COVID-19, however, so it is possible to become infected elsewhere before you are fully vaccinated.

Be sure to protect yourself with good health habits even after you have received the COVID-19 vaccine.

I heard that the COVID-19 vaccine will affect my DNA. Is that true?

COVID-19 vaccines do not change or interact with your DNA in any way. According to the CDC, there are two types of vaccines authorized for use in the United States: messenger RNA (mRNA) vaccines and viral vector vaccines.

mRNA vaccines, like Pfizer-BioNTech and Moderna vaccines, teach our cells how to make proteins to defend against COVID-19. The mRNA from the vaccine does not enter the nucleus of the cell, where the DNA is stored, so it does not affect DNA.

Viral vector vaccines, such as Johnson & Johnson's Janssen vaccine, use a different, harmless virus to teach our cells how to recognize and protect against COVID-19. The information these vaccines share does not affect DNA. Both types of COVID-19 vaccines teach our bodies how to protect themselves from COVID-19, but neither of them changes or interacts with DNA in any way.

I heard that after getting the COVID-19 vaccine, I'll test positive on a COVID test. Is that true?

The COVID-19 vaccine will not cause you to test positive on a viral COVID-19 test, which is a test for current COVID-19 infection. It is possible, however, that the COVID-19 vaccine could cause you to test positive on a COVID-19 antibody test.

Antibody tests can show whether you had a previous infection or vaccination, and a positive test means that you may have some level of protection from COVID-19. Experts are studying how receiving the COVID-19 vaccine affects antibody testing results.

Keep an eye out for more answers to your COVID-19 and vaccine questions and remember to follow good health habits in the meantime. To keep it simple, follow the three W's: wear your masks, wash your hands and watch your distance from others!

To learn more, you can review [CDC information about COVID-19 and vaccination](#). (Source: VA Vantage Point 29Apr2021)



We serve all the men and women of the
Armed Forces of the United States of America

How to contact us

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