



22 – 14 15 August 2022

[Storied Military Unit Expected to Lose 7 of the 'Battle Streamers' That Top Its Flag over Their Confederate Ties](#) Few units in the U.S. [Army](#) are as fabled as the Dundalk-based 1st Battalion, 175th Infantry Regiment (5th Maryland)....

[Streamers on National Guard unit flags in Md. and Va. may be pulled | WTOP News](#) In other recommendations, the commission said the insignia for the Virginia **National Guard's** 29th Infantry Division, based in Fort Belvoir, should be ...

[Retiring From National Guard or Reserve? Know Your TRICARE Options](#) FALLS CHURCH, Va. – Are you thinking about retiring from the [National Guard or Reserve](#)? Retirement benefits depend on your age and service time...

[Have TRICARE For Life Costs Questions? Find Answers Here](#) If Medicare and **TRICARE** cover the service, you'll have no out-of-pocket expenses. Let's start with the basics. Q: Is Medicare and **TRICARE** coverage the ...
TRICARE Newsroom

[Connecticut National Guard, Uruguay Conduct IED Training | Article - U.S. Army](#)
U.S. Army

Seven members of the 192nd Engineer Battalion conducted ... By Maj. David Pytlik, Connecticut **National Guard** Public Affairs Office August 3, 2022.

988 - Suicide Prevention Lifeline

Beginning July 16th, 988 will become the new three-digit number for the [National Suicide Prevention Lifeline](#). The Lifeline will provide compassionate, accessible care and support via phone, text, or online chat to anyone experiencing mental health-related distress. You can use 988 if you have thoughts of suicide, mental health or substance use crises, or any other kind of emotional distress. You can also dial 988 if you are worried about a loved one who may need crisis support.

988lifeline.org

A note from DFAS Retired & Annuitant Pay

Did you know there are two different types of beneficiaries you need to designate and keep up to date if you are a retiree?

One is your Survivor Benefit Plan (SBP) beneficiary.

The other is your beneficiary for Arrears of Pay (AOP), which is the prorated retiree pay from first of

the month of death to date of death, because entitlement to retired pay stops on the date of death.

Each type of beneficiary must be designated separately. And each type of beneficiary needs to be checked regularly to make sure the contact information is up to date.

We also suggest you limit the number of your AOP beneficiaries to avoid delays in payment. Remember that the AOP payment is usually less than one month's pay, and this amount will be divided among all of your designated beneficiaries.

Keeping your beneficiary information current will help your loved ones

Time to check and update your AOP beneficiary? Find out more at: <https://go.usa.gov/xJxd7> or <https://www.dfas.mil/manageAOP>

Sincerely,
DFAS Retired & Annuitant Pay

2022 Calendar of Events: (New events are in red)

Thu, 18 Aug 22 - CT Military Dept Picnic at Camp Nett. Retiree benefit update starts at 1030. Go to <https://ngact.org/> to register on line.

Thu, 25 Aug 22 – Retiree Breakfast 0900 at Pop's Family Restaurant, 134 Old Gate Lane, **Milford**

Thu, 8 Sep 22 – Retiree Supper: 1830 at Lido's Restaurant, 75 Pomeroy Ave, Meriden, CT

Mon, 12 Sep 22 – CT Chapter AUSA, 11th Annual Charity Golf Tournament, Stanley Golf Course, 245 Hartford Rd, New Britain. *(Flyer distributed by email 4 Jul 22)*

Thu, 29 Sep 22 - Retiree Breakfast: 0900 at the Athenian II Diner, 864Washington St, **Middletown**

.Thu, 6 Oct 22 – 41st Senior NCO Dining In: 1800 at The Aqua Turf, Southington.

Fri, 14 Oct 22 – Aviation Retirements Dinner for CW5 Astolfi, CW5 Behuniak, CW5 Leroux, CW5 Weaver: 1800 at the Farmington Club, 162 Town Farm Rd, Farmington. For more information: CSM Anthony Savino anthony.v.savino3.mil@army.mil 860-250-0949 *(Flyer distributed with Bulletin 22-14)*

Thu, 27 Oct 22 – Retiree Breakfast: 0900 at Pop's Family Restaurant, 134 Old Gate Lane, **Milford**

Thu, 17 Nov 22 - Retiree Breakfast: 0900 at the Athenian II Diner, 864Washington St, **Middletown**.

Thu, 22 Dec 22 – Retiree Breakfast: 0900 at Pop's Family Restaurant, 134 Old Gate Lane, **Milford**

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