



Kara A. Nyquist Attorney | Phyllis A. Shepherd Attorney | Carly E. Ashby Paralegal | Robyn R. Larsen Paralegal

To: Military Section Alaska Bar Association

Date: May 19, 2014

By: Kara A. Nyquist, Nyquist Law Group

Divorce or Custody Litigation Checklist when at least one party is a service member or former service member:

- Start with obtaining copy of LES
- Look at whether Interim Support is being paid or whether BAS & BAH needs to be used as interim support
- TSP – Thrift Savings Plan
- Accrued Leave
- How many years of overlap of marriage and service time to determine whether 10/10 – 15 – or 20 Rules apply
- Pension, Value?
- Military Pension Division Order
- Survivor Benefit Plan (SBP)
- Retiree Health Benefits
- Continued Health Coverage for non service member
- DEERS for medical for children
- Life Insurance
- Relocation of former spouse
- Garnishments/Collection

Resources:

Military.com

- Military Pay Charts current and former pay
- Cost of Living Allowance “COLA”
- Basic Allowance for Housing Rates “BAH”
- BAS Rates
- Misc. Allotments
- Pension – Active and Reserve
- Survivor Benefit Plan “SBP”

DFAS.mil

-Retirement Information

defensetravel.dod.mil

- BAH Rates and Calculator
- Overseas COLA

MilitaryoneSource.mil

-locate services to military families

Military Divorce Handbook by Mark Sullivan