



HILL AIR FORCE BASE RETIREE ACTIVITIES OFFICE

The Air Force Retiree Services web site is www.retirees.af.mil

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From the Director. The past few months have been exciting for us in the Retiree Activities Office (RAO). Much has changed. Not only have we been able to staff the office on a more consistent basis but we're also able to introduce an e-newsletter. The internet gives us a great platform to disseminate information much more quickly. In addition to the newsletter, we are making extensive use of our webpage which is linked through the primary website at www.hill.af.mil. News updates are posted there as they occur, so you don't have to wait for a newsletter to get the latest benefit news. We are also listing volunteer opportunities on base. If you have the time, there is no shortage of places to support both the retired and active communities. Don't shy away from giving of your time. You will be appreciated.

Our webpage also links to Services where you can find the most up to date Tickets & Travel (ITT) information and other happenings on base. Give us your feedback. We are now located in Bldg. 430 (the old BX). Stop by and meet the volunteers. Let us know what you need from the RAO. We will only be as good as our ability to respond to your needs.

If you are interested in receiving the electronic version of future newsletters, please send your email address to re-tact@hill.af.mil.

Dan Petrizzo
Director





SPACE - A
 "IT'S A
 GOOD WAY
 TO TRAVEL"

Flight Passenger Terminal

"The mission of the Logistics Readiness Flight Passenger Terminal is to provide quality customer service and up-to-date information to all eligible passengers".

The RAO has detailed information regarding sign-up procedures, eligibility and flights in and out of Hill Air Force Base. All flight information can be determined by calling Passenger Service at 801-777-3088/3089.

Lodging

Military life has special privileges! When you travel, you can take advantage of many convenient and inexpensive Space-A Lodging options available around the world from each branch of the military.

Temporary (Space A) lodging on military installations is available not just to active duty members and their families, but also to all retirees and their dependents.

Each branch of the military offers its own special lodging styles and locations. Military.com is an excellent source for further information on Space-A lodging. The phone numbers for Space-A availability for the various branches are as follows:

Air Force 888-235-6343

Army 800-4623-7691

Navy 800-628-9466

For further information on Space-A travel check out the website at www.military.com.

Places and things for you.....



COMMISSARY HOURS

(801) 777-2300

Hours Daily: 9 a.m.—7 p.m.

The commissary is your answer to high grocery bills—you save an average of 30% when you shop at commissary.



BASE EXCHANGE—AAFES

Mon-Sat: 9 a.m.-8 p.m.

Sun & Holiday: 10 a.m.-7 p.m.

(801) 825-8584



Fitness Center

The Warrior Fitness Center is one of three fitness centers on the base. Facilities found there include: a state of the art weight room, cardiovascular exercise equipment, universal equipment, saunas, steam rooms, racquetball courts, 2 basketball courts, a climbing wall and indoor running and walking track.

Call 777-2762 to make reservations for these facilities.

The second center can be found in Bldg. 520, the Hess fitness center. Facilities there include: an [indoor pool](#), a basketball/volleyball court, racquetball courts, a family fitness area, [martial art](#) room and area and an indoor tennis court.

The third center can be found in Bldg. 1277 on the west side of base. The unmanned west side center has a state-of-the-art cardiovascular and universal equipment for your use along with shower facilities.

FITNESS ASSESSMENT AND WELLNESS PROFILE

Let the Fitness Center Staff assist you on setting your goals for the New Year. Receive base line measurement on body weight, body fat, blood pressure, heart rate, arm strength, back flexibility and cardiovascular fitness. In addition, a Wellness Profile program will analyze your current health behaviors and provide recommendations to reduce the risk of future disease. Contact the Warrior Fitness Center at 777-2762 to sign up.

FITNESS CENTER ORIENTATION

Every Tuesday and Thursday of the Month, 9-10 a.m. For those starting a fitness program, orientations will provide participants with the necessary information on a balanced fitness program and instruction on exercise equipment. Contact the Warrior Fitness Center at 777-2762 to sign up.

FITNESS CENTER HOURS

Monday-Friday: 4:30 a.m. - 11:30 p.m.

Saturday & Sunday: 7 a.m. - 8 p.m.

Holiday Hours: 9 a.m. - 5 p.m.

(Thanksgiving: 8 a.m.-12 p.m.,
Christmas Closed)

Phone: 777-2761 or 777-2762

The secret to good health and aging gracefully is staying fit



Useful Search Engines

FirstGov—The official government search engine, this site consolidates 20,000 government Web sites and arranges them by topic, such as Money and Taxes, Healthy People and the U.S. in the World.

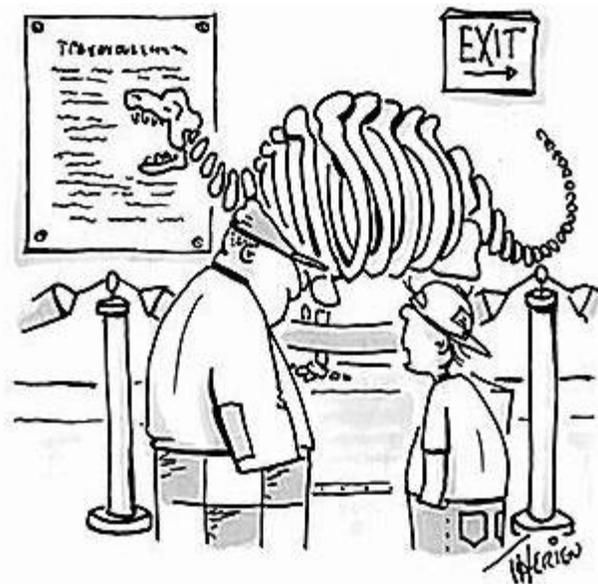
Google search: Uncle Sam—searches government and military sites.

Government Guide—Search AOL's government directory.

SearchMil.com—Searches .mil sites.
SearchGov.com—Searches .gov sites with a caching feature.

You cannot be mad at somebody who makes you laugh - it's as simple as that.

[Jay Leno](#), *O Magazine*, February 2003



"Those were the days, eh, Grandpa?"



Wasatch Range is an outdoor adventure paradise. There are more skiing, snowboarding, snowmobiling, hunting, fishing, climbing, hiking, kayaking, etc. opportunities than can be experienced in one lifetime. Outdoor Recreation at Hill AFB is here to help you get the most out of your adventure. Hill AFB is located at the "crossroads of the west" between the beautiful Wasatch Mountain Range and the Great Salt Lake; let the 75th Force Support Outdoor Recreation help you experience it!

Head up to the High Uinta Mountains and stay in the **Carter Creek Cabins**--moose, elk, bobcats, and black bear abound.

Pack a picnic and spend a sunny afternoon with your family at **Centennial Park**. Reserve it today! Rustic and western, the **Log Cabin** is a cozy place to celebrate any shindig.

Board your horse, of course, at the **Riding Stables**. Skaters, rip it from dawn 'til dusk at the **Skate Park**.

Blaze away at the **Rod & Gun Club** where we house four trap and skeet ranges. If you think a 3-D Field Course with a variety of shooting situations is tantalizing, then you'll want to check out the **Archery Range**.

If you're looking for a leisure activity, nurture your own garden on one of our **Garden Plots**. **Equipment Checkout** is the way to play with the least amount of money.

If you like to walk on the wild side, sign up for a trip with our **Outdoor Adventure Program**. Pick your pleasure at Outdoor Recreation.



Hubbard Memorial Golf Course is located on the east side of the runway. It is an 18-hole championship golf course complete with driving range, practice chipping and putting greens. The Club House offers a full line pro shop, bar, men's and ladies locker rooms. The course was designed by Stanley W. Hadden with design inputs provided by Lee Stotern. Construction of the first nine holes were completed in 1961,

the second nine were completed the following year. The golf course is 7317 yards long from the championship tees. The course has bent grass greens and Kentucky Blue Grass tees, fairways and roughs. The course record is 60, set in 2007.

All eligible players are entitled to reserve tee times. Weekday times are taken two days prior, except Monday & Tuesday times are taken the Friday before, at 0900. Weekend and Holiday times are given out on a drawing or lottery system. Slips are filled out and must be in the box Thursday morning by 0800 prior to the weekend. Call anytime after 1200 to find out your time, or to make a time outside of the drawing. **9 Holes, \$10 18 Holes, \$20 Guest 9 Holes, \$12/\$24 Golf Cart, \$6/\$12**



Hill Bowling Center is one of the most modernly equipped Air Force bowling centers, featuring AMF synthetic lanes with automated bumpers, Qubica Conqueror scoring system, youth/handicap ball ramps, full service pro shop and snack bar. Come on in and check us out!

HOURS— Monday-Thursday, 10:30 a.m.-9 p.m. Friday, 10:30 a.m.-Midnight
Saturday, 9 a.m.-Midnight Sunday, 12 p.m.-9 p.m.

Need a new ID Card?

There has been an upgrade in the identification card system. These enhancements significantly increase the overall security of the system, but wait times are longer. Additionally, retirees and family members seeking to renew or replace a military identification card must provide two types of identification—one of which must include a photo:

- Driver's license or ID issued by a state
- ID card issued by federal, state or local government agency
- Voter's registration card
- U.S. Military I.D. card
- U.S. Passport
- Certificate of U.S. citizenship

Also, if your I.D. card has been lost, you must see Security Forces in Bldg 1219 to fill out AF 1168 prior to issuance of an ID card.

Alternate Locations

75 FSS, Hill AFB (801) 586-5437
419 FW, Hill AFB (801) 777-0023
151 ARW Utah ANG, SLC IAP (801) 245-2331
96 RRC, USAR, SLC (801) 656-3393
AG HQ, ARNG, Draper (801) 432-4337
Dugway Proving Ground, USA (435) 831-2244
NMCRC, USNR, SLC (866) 426-1375
Tooele Army Depot (435) 833-2559
Utah ARNG Armory HQ, Cedar City,
(435) 867-6517
RAPIDS Site Locator:
www.dmdc.osd.mil//rsl/owa/home

TRICARE—What's the Difference?

After retiring from active duty, your health care options are TRICARE Prime or TRICARE Standard. TRICARE Prime requires enrollment. No action is required for TRICARE Standard, other than receipt of retired pay and payment of associated fees noted below. TRICARE Prime is similar to a health maintenance organization (HMO). Health care is managed in a military treatment facility (MTF) with an annual enrollment fee of \$230/person or \$460/family. This is considered the most cost effective option but has the least amount of provider choice.



TRICARE Standard acts like a preferred provider organization (PPO) and gives you the greatest flexibility in managing your own care. This does not have an enrollment fee but has annual deductibles of \$150/person or \$300/family, plus 25% cost shares (20% if using network providers). This option allows you to decide which provider you will see and allows for self referral for specialty care. If you have a plan with an employer it will be your primary carrier and TRICARE Standard will be the secondary.

Remember, the TRICARE Mail Order Pharmacy provides up to a 90-day drug supply for the same cost as 30 days at a local drug store. Call the TMOP Member Choice Center at 877 363-1433 to assist with one time registration and prescription transfer, or visit the Express Scripts Web site. Of course, you may choose to have your prescriptions filled at the MTF Pharmacy for no cost.



VA Burial Benefit Update

VA offers the following benefits and services to honor our Nation's deceased Veterans. The website for detailed information is www.va.gov.

- Headstones and Markers: VA can furnish a monument to mark the grave of an eligible veteran.
- Presidential Memorial Certificate: VA can provide for eligible recipients.
- Burial Flag: VA can provide an American flag to drape an eligible Veteran's casket.
- VA can pay a burial allowance of \$2000 for Veterans who die of service related causes. For certain other Veterans, VA can pay \$300 for burial and funeral expenses and \$300 for a burial plot.
- Burial in a VA National Cemetery: Most veterans and some dependents can be buried in a VA national cemetery.

Area Agency on Aging

Did you know there is an Area Agency on Aging in Utah that provides a variety of benefits for seniors? Have you taken advantage of yours? If not, you may visit the AAA Finder at <http://www.aoa.gov>.

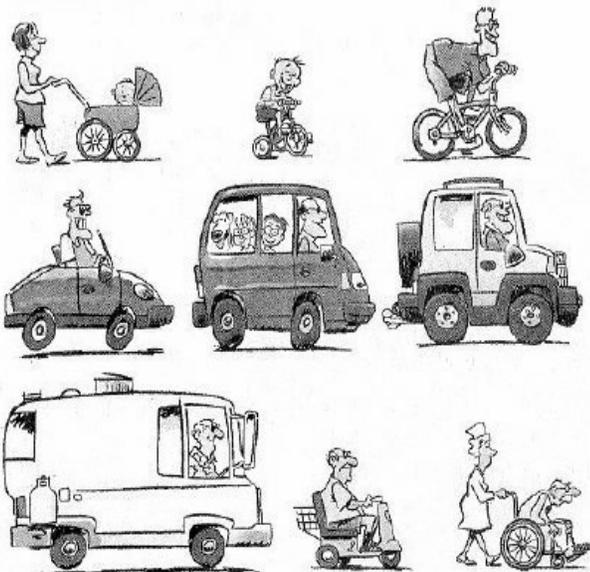
Social Security News

With consumer prices down over the past year, monthly Social Security and Supplemental Security Income benefits for more than 57 million Americans will not automatically increase in 2010. This will be the first year without an automatic increase since they went into effect in 1975.

When a Retiree Dies

When a retiree dies the survivors should contact the Air Force casualty assistance representative (CAR) at 877 353-6807. The CAR will handle all relevant details and will ensure that all paperwork necessary for requesting Survivor's Benefit Payment (SBP) annuity pay and other forms of payment from the VA and/or Social Security Administration is initiated.

The Wheels of Life



DD214 NOW AVAILABLE ONLINE

Military veterans and the next of kin of deceased former military members may now use a new online military personnel records system to request documents.

The National Personnel Records Center (NPRC) has provided the following website for veterans to gain access to their discharge document (DD form-214) online: <http://vetrecs.archives.gov/>.

This may be particularly helpful when a veteran needs a copy of his DD form -214 for employment purposes. NPRC is working to make it easier for veterans with computers and Internet access to obtain copies of documents from their military files.