

HILL AIR FORCE BASE RETIREE ACTIVITIES



Quarterly Newsletter—April - June

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

From the Director...

Retiree Appreciation is scheduled for Aug. 26, 2011. Please mark your calendar. More details regarding the Appreciation Day events will be included in the 3rd quarter newsletter to be released in July. With regard to the newsletter, we continue to experience rapid growth in readership. The number of retirees included on our mailing list is approaching 1000. This, however, represents only a fraction of the 20,000 retirees and dependents residing in the area. We need your help to get the word out. If you find the newsletter of value, please help us advertise it with other members of the retiree community. As far as I know, this newsletter is the only instrument which provides a continuous source of information regarding your benefits and local activities and recreational opportunities aboard Hill AFB or sponsored by Hill AFB. We have begun making contact with a number of military benevolent organizations such as the Military Officers Association of America and the Air Force Sergeants Association and hope to have more interaction with them and others in future newsletters. We also need your help in letting us know what you want to see in the newsletter. Each succeeding newsletter has grown in length as we seek out new information to pass on. Your input would help us to focus on the information that is really important to you.



Since a number of things that may be of interest to you occur between newsletters, we will continue to feed you information on those events as we become aware of them. If you find what we have been doing over the last couple of months with these addendums to the newsletter, please let us know.

As always, we need volunteers to keep this office and all the other locations on base that utilize volunteers open and relevant to you. We have had a number of volunteers leave us in the past few months and could use a few more individuals to enable us to continue staffing this office five days a week. If you are interested in volunteering in the Retiree Activities Office, please contact me at 801-777-5735 or by email at Dante.Petrizzo@hill.af.mil. For a complete listing of all the volunteer opportunities aboard Hill AFB, please contact Colette Geis, Hill AFB Volunteer Coordinator, at 801-586-2697. Colette is located in Building 150, Family and Airmen Readiness Center.

John Lannefeld— Newsletter Editor

RAO Volunteers: Ed Anderson, Sam Brooks, Ken Cravens, Art Kassell, Beverly Olsen, Don Pantone, Dan Rutledge, and Robert Willbanks



You could just get reading glasses.

CMSAF MCKINLEY NEW COUNCIL CO-CHAIR

A new face will share the head of the Air Force Retiree Council table at its annual meeting, May 9-13, at Randolph AFB, Tex. Chief Master Sergeant of the Air Force Rodney J. McKinley, who retired in 2009, succeeds retired CMSAF Gerald R. Murray. Chief McKinley joins retired Lt. Gen. Steven R. Polk as council co-chair. The co-chairs serve as personal advisers to the chief of staff and the secretary of the Air Force on all issues regarding retirees and their families. Meeting at the Air Force Personnel Center, the council receives briefings on the Air Force structure and key topics from senior members of the Air Staff and other Air Force elements. This information helps the 18-member panel address issues submitted from 108 base Retiree Activities Offices. Subjects range from proposed increases in Tricare fees to publication of the Afterburner to various benefit and entitlement enhancements. The council forwards its recommendations on key issues to the Air Force chief of staff and subject matter experts. A native of Mount Orab, Ohio, Chief McKinley entered the Air Force in 1974, took a break in service in 1977, and returned to active duty in 1982. His various duties included medical, aircraft maintenance and as first sergeant. He served as command chief master sergeant at wing, numbered air force and major command levels. The 15th CMSAF lives in Edmond, Okla. Retirees can write to General Polk or Chief McKinley at: HQ AFPC/CCU, 550 C Street West, Suite 8, Randolph AFB Tex. 78150-4713. The area director sitting on the council is Lt Col (ret) John Lannefeld—(john.lannefeld@hill.af.mil)



Many Look for VA Insurance Dividends

No cost-of-living increase in military retired pay for the second year in a row will be softened for 820,000 veterans who have maintained their government life insurance policies. Some veterans with service before 1956 will share \$240 million in annual dividends. No application to the Department of Veterans Affairs is necessary. Payments began January 1 and will continue throughout the year on the anniversary date of the policy. Amounts vary on age, type of insurance and length of time the policy has been in force. Dividends are linked to returns on investments in securities. World War II Veterans holding National Service Life Insurance (“V”) policies, which comprise the largest group receiving 2011 insurance dividend payments, will receive total payments of \$176.8 million. World War II-era veterans with Veterans Reopened Insurance (“J”, “JR” and “JS”) policies, will receive dividends totaling \$5.8 million. Korean War-era veterans who have maintained Veterans Special Life Insurance (“RS” and “W”) policies will receive dividends totaling \$57.1 million. Another \$425,000 in total dividends will be paid to veterans who served after World War I until 1940 and hold U.S. Government Life Insurance (“K”) policies. Veterans are cautioned about individuals offering their “services” to handle applications for the dividends. Eligible veterans receive annual statements from VA on the status of their policies. Veterans who have questions about their policies should contact the VA insurance center at 1 800 669-8477 or e-mail vainsurance@va.gov. They may also visit the Internet at www.insurance.va.gov.



Veterans in Crisis Hotline

The VA has renamed their hotline to “Veterans in Crisis”. **Please call 1-800-273-8255 for help.** Counselors are available all day, every day to provide confidential assistance to veterans and their families.






Toll-Free Phone Numbers

Defense Finance and Accounting Service: 800-321-1080
Casualty Assistance: 877-353-6807
Total Force Service Center: 800-525-0102
Veterans Affairs: 800-827-1000

Online Web Links

Air Force Retirees: <http://www.retirees.af.mil>
AF Wounded Warrior: <http://www.woundedwarrior.af.mil>
Veterans Affairs: <http://www.va.gov>

RESOURCES

Retiree Contributions Praised by Air Force Chief of Staff

Air Force Chief of Staff Gen. Norton Schwartz expressed his pride for Air Force retirees at the annual chairman's dinner at Air Force Village, an officers' retirement community near Lackland AFB, Tex. Retired service members continue to make sacrifices to help the Air Force meet the demands of the current mission, he said. The general thanked retirees for their dedication, and reminded them that they continue to play a vital role in today's force.



"Retirees have volunteered hundreds of thousands of hours serving communities and bases worldwide, saving millions of dollars to be sure," General Schwartz said. "And I never tire of reminding our wing commanders that retired airmen are still serving, and still exemplify service before self, in many extraordinary ways."

He called on today's active-duty airmen to remember the sacrifices made by those who preceded them in service. "We owe retirees our gratitude," General Schwartz said. "This is one reason why I enthusiastically back the efforts of the Air Force Retiree Council." He recalled his appearance at the annual meeting of the council. "I witnessed firsthand the pride, the sincerity and the dedication of its members, as they represented the interests of nearly 790,000 retirees and their surviving spouses." When today's Air Force is hailed for its merit, he added, "you — the retirees, spouses and extended family members — share in that praise, because of the foundation of success that you helped to establish.

Today's airmen are grateful for your continued support and, most importantly, your example. All those currently serving will do our best to make you proud of the Air Force that you remember so well.

Current News from the RAO

Utah Veterans Homes Update 03: Utah legislators on March 10 allocated \$6.5 million for each of two senior care centers that will be built in Washington and Utah counties. Later in the day, state Department of Veterans Affairs officials said that the southern Utah facility would be built in the small town of Ivins, a few miles north of St. George. Department director Terry Schow said that a location in Spanish Fork is being considered for the Utah County facility, but that decision has not been finalized. Rep. Don Ipsom, R-St. George, sponsored the bills to provide the seed money for the projects, which are expected to begin construction in a matter of months. He said the difference between the years-long process for securing funding for the home built in Ogden in 2009 and the speedy funding for the new homes was that, this time around, Utah had a better understanding of how much the federal government would be contributing to the project and when. The total cost of the two projects is estimated to be around \$40 million. Most of the tab will be picked up by the feds.

Schow said that nearly every bed in the existing homes in Ogden and Salt Lake City is currently filled. The two new centers will have approximately 110 beds each, more than doubling the space specifically dedicated for aging and infirm veterans. About 10,000 veterans live in Washington County and nearly 20,000 veterans live in Utah County. Schow said the Utah County facility would also likely draw from Salt Lake County's population of 65,000 veterans. The Salt Lake facility has a waiting list that is more than 100 names long, he said. **Information for Utah's two existing homes can be obtained at <http://veterans.utah.gov/nursingHome/index.html> or:**

- Nursing Salt Lake Veteran's Home, 700 S. Foothill Drive SLC, UT, 84113-1104 Tel: 801-584-1900/1960 Fax
 - George E Wahlen Ogden Veterans Home, 1102 North 1200 West, Ogden, UT 84404 Tel: 801-334-4300/4309 Fax
- [Source: *The Salt Lake Tribune* Matthew D. LaPlante article March 12, 2011]

Tax Tips 2010 Update 02: If you negotiated a debt settlement in 2010 on the balance of your credit card account, you may owe taxes on it. It is a common mistake, but the consequences can be IRS fines, audits, and penalties. A missing form or I didn't know will not exempt you from the tax. Most people don't pay attention to the tax consequences when they are settling their debt, says Bill Hardekopf, CEO of LowCards.com and author of *The Credit Card Guidebook*. They are just trying to figure out how to survive. The additional tax bill is usually an unwelcomed surprise. Filing forgiven debt can get complicated. It is a good idea to get help from a tax adviser when filing your taxes. To make filing easier, keep all paperwork and details of the conversations with the lender.

Tips for settling credit

- Get professional help. Debt settlement is complicated, so it is a good idea to get assistance from a tax adviser and learn about the tax implications before finalizing your debt settlement.
- Watch the mail for your 1099-C form. It can be easy to miss if it is mailed in a plain white envelope.
- There are exclusions that allow you to lower taxable income from canceled debts. Research the exclusions or ask your tax preparer if these apply to you.
- Make sure the information is correct. If the reported amount is wrong, contact the creditor immediately to make the corrections. They will send you a corrected 1099-C form.

Exceptions from the IRS

- Bankruptcy. Debts discharged through bankruptcy are not considered taxable income.
- Insolvency. If you are insolvent when the debt is canceled, some or all of the canceled debt may not be taxable to you. You are insolvent when your total debts are more than the fair market value of your total assets. Insolvency can be fairly complex to determine and the assistance of a tax professional is recommended if you believe you qualify.
- Non-recourse loans. A non-recourse loan is a loan for which the lender's only remedy in case of default is to repossess the property being financed or used as collateral. That is, the lender cannot pursue you personally in case of default. Forgiveness of a non-recourse loan resulting from a foreclosure does not result in cancellation of debt income. However, it may result in other tax consequences.

Assistance available

- The IRS also provides assistance. If you are having difficulty resolving a tax problem through normal IRS channels, contact the Taxpayer Advocate Service. The toll free number is 877-777-4778.
- You may also qualify for free or low-cost assistance from a Low Income Taxpayer Clinic (LITC). LITCs are not part of the IRS, but they represent low-income taxpayers in tax disputes with the IRS. There is an application process with application deadlines. For information on LITCs, go to this page of the IRS website.

[Source: *MoneyTalksNews* Stacy Johnson article March 10, 2011]

HOT FLASHES!!!!



NEW HOME SOON FOR NPRC - The National Archives and Records Administration's National Personnel Records Center will relocate more than 100 million records to a new \$112 million modernized facility in St. Louis this summer. The new location will store approximately 2.3 million cubic feet of records currently housed at three different St. Louis area facilities.

Records will be housed in climate-controlled stack areas designed for long-term preservation. The facility will also offer new research rooms, meeting rooms equipped with the latest video-conferencing technology and tenant office space for other area federal agencies. Many records currently are stored in a 1950s facility that was ravaged by fire in 1973. An estimated 16-18 million individual military personnel records were destroyed.

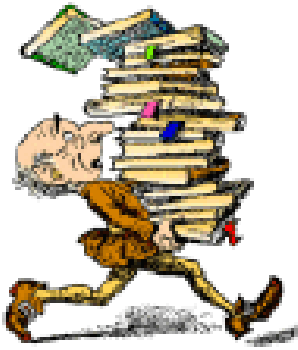
Lost records included those of Army personnel discharged between Nov. 1, 1912 and Dec. 31, 1959, and Air Force personnel discharged between Sept. 25, 1947 and Dec. 31, 1963 with names alphabetically following "Hubbard, James." Some records salvaged from the disaster have been stored in a climate-controlled area. Preservation technicians treat the records for mold and delicately piece together whatever they can save. They have retrieved valuable information in reconstructing portions of a service member's personnel file. The Preservation Branch also treats several thousand records that were exposed to harmful rays of the sun and other contaminants that shorten a record's life span.

RECRUITING HAS BANNER YEAR - The military had a banner year for recruiting and retention in fiscal year 2010. The Air Force recruited 28,493 airmen, topping a goal of 28,360. The Army had the highest goal with 74,500 new soldiers, and it recruited 74,577. The Navy sought 34,180 sailors and recruited 34,140. The Marine Corps enlisted 28,041 young men and women on a goal of 28,000.

Each service also set quality records with 100 percent of the Army and Marine recruits having a high school diploma. In the Air Force, the percentage was 99 percent and in the Navy, 98 percent. While high unemployment helped spur recruiting, there were difficulties. Only three of 10 Americans in the prime recruiting group of 17 to 24 years of age are qualified to enlist. Candidates may be disqualified for medical, educational or conduct reasons.

DECREASE IN HOMELESS VETERANS - VA spent \$3.5 billion on homeless programs in 2010 and is asking for \$4.2 billion this year, with 85 percent of the money earmarked for health care. There has been an 18 percent drop in the number of homeless veterans since 2008, according to a VA spokesman. The current estimate of homeless veterans is down from about 250,000 a decade ago, he added.

GUARD MARKS BIRTHDAY - Air Force Lt. Gen. "Bud" Wyatt, director of the Air National Guard, helped the Guard mark its 374th birthday. "I'm sure those Guardsmen and soldiers in Massachusetts back in 1636 could not have imagined the missions that the Guard does today," he said. "They would probably also be amazed to find that we now number close to half a million soldiers and airmen in service to their country."



MORE STUFF.....

FEWER VETERANS IN CONGRESS - Congressional members with military service continued to decline in the 112th Congress. In the Senate, there are 25 veterans, including four military retirees, unchanged from the last Congress. In the House, there are 87 veterans (20 percent of voting members), including 10 military retirees, down from 94 in the 111th Congress.

RESERVISTS ON THE JOB - Roughly 10 percent of the Air Force's 70,000 Reservists are on active duty today, according to CMSgt. Dwight Dale Badgett, command chief for Air Force Reserve Command. About 25 percent of US Air Forces in

Europe airmen are deployed every day, and about 10 to 15 percent of Air Force Global Strike Command airmen are deployed to US Central Command, while AFGSC B-52 forces maintain a continual presence in Guam.

STATISTICAL AIR FORCE - The new fiscal year started with 329,638 airmen on active duty and 138,801 full-time Air Force civilian employees. Officers total 66,201, with an average age of 35. There are 263,437 enlisted members, with an average age of 29. Women are 19.2 percent of the force. Slightly more than 20 percent of the force is assigned overseas (including Alaska and Hawaii) and 59.2 percent of airmen are married.

NO COLA INCREASE - Good news and bad news. The nation's inflation remains minimal and there was no decrease in the cost-of-living adjustment this year for military retirees and Social Security recipients. But, for the second straight year, there was no increase. Trustees for Social Security also see no inflation this year. If so, next effective date for a possible COLA increase would be January 2013.

NEW MUSEUM DIRECTOR - Retired Lt. Gen. Jack L. Hudson is the new director of the National Museum of the U.S. Air Force at Wright-Patterson AFB, Ohio. Maj. Gen. (Ret.) Charles D. Metcalf, director since 1996, retired Dec. 31. General Hudson was the museum's deputy director. The museum covers 17 acres and includes more than 1 million square feet of public exhibit space, more than 500 aerospace vehicles and 78,000 artifacts. Nearly 1.4 million people visited the museum last year.

SUCCESSFUL ORBITAL VEHICLE - The X-37B, first Air Force unmanned re-entry space vehicle, returned to Vandenberg AFB, Calif., after more than 220 days. The Orbital Test Vehicle One was tasked to perform risk reduction, experimentation, and concept development for reusable space vehicle technology. It completed all its on-orbit objectives. Plans are to launch the next unmanned space vehicle, OTV-2, this spring aboard an Atlas V booster.

AIR FORCE SWITCH AT CIA - Lt. Gen. Kurt Cichowski has replaced Lt. Gen. Mark Welsh as the Central Intelligence Agency's associate director for military affairs. General Cichowski, an Air Force Academy graduate, had been vice commander of Air Force Special Operations Command. General Welsh assumed command of U.S. Air Forces in Europe at Ramstein AB, Germany.

Check out the “New Club”

New Club Manager Takes the Reins!

A New Jersey native, Mr. Peal was born in Plainfield, grew up in Califon and graduated from Voorhees High School in Glen Gardner. Upon graduation he studied culinary arts at Johnson & Wales University earning an associates degree. Later he enlisted in the United States Army and served as an armor crewman with the 2/37 Armor regiment in Vilseck, Germany. After leaving military service Mr. Peal returned to university and received his bachelor's degree in December 2001. He was selected by HQ USAFSV for the Lodging Management Trainee program and began his Air Force career at Kirtland AFB, New Mexico.

Prior to his current assignment, Mr. Peal was the Lodging Manager at The Gateway Inn, RAF Mildenhall, UK.



Easter Sunday Brunch

April 24
10:00 a.m. to 2:00 p.m.
Reservations open April 1

- Reserve before April 17 & pay
\$15.95 members
\$17.95 nonmembers
- Reserve after April 17 & pay
\$17.95 members
\$19.95 nonmembers
- \$6.95 ages 5-11

Club Hill • 777-3841



Runway Ruby's

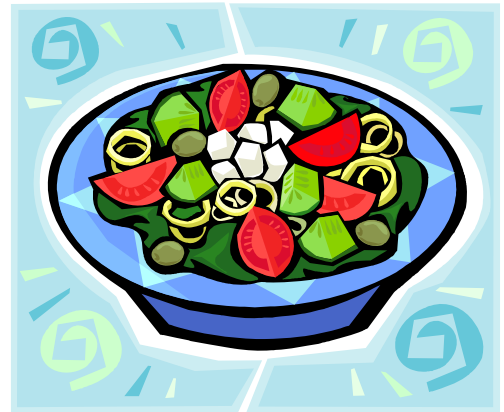
Ruby is waiting on the tarmac to serve you her best breakfast burritos, soups, salads, sandwiches and warm paninis. Fly in for the daily special—it's so worth the trip! For a sweet landing choose a Brownie, Peanut Butter Finger or hot cup of Starbuck's Coffee.

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From the Medic Messenger



National Patient Safety Awareness Week

As a proud partner of the National Patient Safety Foundation (NPSF), the 75th Medical Group is excited to announce its participation in Patient Safety Awareness Week March 6-12, 2011. We hope this week demonstrated our commitment to working together with our patients to provide the safest care possible.

The 2011 theme for the week was: **Are You In? Commit to Safe Health Care.** Some of the goals of this year's themes are to reduce re-admissions to the hospital and better understand cultural competency. Improving patient safety requires continuous learning and constant communication between caregivers, organizations, and patients. Everyone has a role in patient safety, including the patient.

As a patient, NPSF suggests taking these steps to help make your health care experience safer.

Step 1: Speak up if you have questions or concerns about your health and treatment.

Step 2: Keep a list of ALL medications you take.

Step 3: Make sure you get the results of any test procedure.



Step 4: Talk with your medical provider and health care team about your options if you need hospital care.

Step 5: Make sure you understand what will happen if you need surgery.

We kicked off this week with patient safety information flyers available in the Family Medicine Clinic front lobby area. The month of March will focus on patient safety educational classes for our medical staff, too.



Hours of Operation:

Monday-Friday

7 a.m.-5 p.m.

Wednesday

9 a.m.-5 p.m.

Clinic Telephone Tree/Appt
Line: 801-728-2600

Pharmacy Refill: 801-775-
3630

Closures/Changes in Operating Hours

Modernization Update on the 75th MDG Hill Clinic

By Major Mark Devoe

By the end of March, the renovation project begun by the 75th Medical Group in May 2010 will be completed. This \$2.1 million dollar renovation accomplished modern patient check-in counters and expanded waiting areas for the Pharmacy, Family Medicine and Dental Clinic to meet the needs of over 18,000 customers.

The renovation project moved the Optometry Department, centralized the ancillary services of the lab, radiology and optometry, and added four new exam rooms to the Airmen Clinic. Pharmacy has a new window that meets Americans with Disabilities Act standards. Conscious of the cost and use of vital resources, all the new lighting features Energy Star rated fixtures.

The men and women of the 75th Medical Group thank you for your patience, understanding and great ideas throughout this reconstruction process.

Medicare Essential Partner with TFL

Military retirees enrolled in Tricare For Life (TFL) are reminded that Medicare is your primary health insurance. Medicare determines what is covered, what provider you can go too and how much is allowed. TFL acts as a supplement to Medicare which pays your annual Medicare deductibles and co-insurance. Most medically necessary care is covered by both Medicare and TFL and your bill is paid in full. Where a service is paid by Medicare and not TFL – maybe a chiropractor — you pay the 20 percent co-insurance. TFL becomes first payer only when a service is covered by Tricare and not by Medicare. Then you pay the annual Tricare annual deductible and 25 percent coinsurance. TFL has no “insurance” card. Your military ID card verifies eligibility. Unless there is other health insurance, providers generally do not bill TFL. They bill Medicare which pays and forwards to TFL which pays the provider what you owe.

SOME TRANSPORT COSTS PAID BY TRICARE - When it comes to transport or transfer of Tricare patients, how much of the cost is covered by Tricare? Some costs included with Tricare services include: Emergency transfers to or from a beneficiary’s home, accident scene or other location to a hospital, and transfers between hospitals; ambulance transfers from a hospital-based emergency room to a hospital more capable of providing required care; transfers between a hospital or skilled nursing facility and another hospital-based or freestanding outpatient therapeutic or diagnostic department/facility.

Payment of services and supplies provided by ambulance personnel at an accident scene may be allowed when the patient’s condition warrants transfer to an inpatient acute setting and medical services and/or supplies are provided solely to stabilize the patient’s condition while awaiting the arrival of a more urgent means of transfer; e.g., air ambulance services. Tricare does not cover ambulance service used instead of taxi service when the patient’s condition would have permitted use of private transportation; transport or transfer of a patient to be closer to home, family, friends or personal physician; or when medicabs or ambicabs transport patients to and from medical appointments.



ELECTRONIC ENROLLMENT FEES - Retirees and their families, including survivors and eligible former spouses, enrolled in Tricare Prime pay an annual enrollment fee. This can be paid electronically, either by an allotment from your retirement pay or by creating an electronic funds transfer from your bank account. Beneficiaries can download the Enrollment Fee Allotment Authorization letter or EFT Payment Authorization form from their regional health care contractor’s website. Return the completed form to the regional contractor by mail. The system does not allow electronic form submissions. A quarterly payment is required before establishing a monthly payment option. Beneficiaries are able to view online payment history and claims status at any time. Mail-in payments continue to be accepted and pay-by-phone also is offered.

TRICARE FOR ‘GRAY AREA’ RESERVISTS - A new program, Tricare Retired Reserve, offers about 180,000 “gray area” reservists the opportunity to purchase Tricare health care coverage. Rates are \$408.01 for single coverage and \$1,020.05 for family coverage. Rates will adjust every year. While qualified members of the Selected Reserve may purchase premium-based coverage under Tricare Reserve Select (TRS), retired National Guard and Reserve personnel did not have Tricare health coverage options until they reached age 60.

This was changed by the National Defense Authorization Act for 2010. The new provision allows certain members of the Retired Reserve who are not yet age 60, called “gray-area” retirees, to purchase Tricare Standard and Tricare Extra coverage. Tricare Extra simply means beneficiaries have lower out of pocket costs if they use a network provider. The new program differs from TRS in its qualifications, premiums, co-payment rates and catastrophic cap requirements. The new statute requires premium rates to equal the full cost of the coverage. Reserve retirees interested in the new coverage should ensure their personal data is correct in the Defense Enrollment Eligibility Reporting System (DEERS)

Tricare Preventive Health Program

Immunization is a key weapon in the fight against disease. Preventing disease is an important part of readiness for military members, and a cornerstone of health for Tricare families and retirees. Since we are heading into the flu season this is a great time for Tricare beneficiaries to inventory their family's shot records. It doesn't matter how old a beneficiary is, everyone needs protection against dangerous viruses like influenza and tetanus, said Rear Adm. Christine Hunter, deputy director of the Tricare Management Activity. Immunizations for children also prevent measles, whooping cough, pneumonia and meningitis, while vaccines for adults also protect against hepatitis and shingles.



H1N1 influenza is no longer in the headlines, but the World Health Organization reports the virus is still a global problem. There could be danger in believing the risk is gone, especially for Tricare beneficiaries traveling internationally or going on cruises. Family members whose active duty sponsors are assigned to overseas locations also are at risk.

Tricare covers the seasonal and H1N1 flu and age-appropriate doses of vaccines recommended by the Centers for Disease Control and Prevention (CDC). Beneficiaries can visit participating Tricare retail network pharmacies to receive seasonal flu, H1N1 flu and pneumonia vaccines at no cost. This expanded coverage is available to all Tricare beneficiaries eligible to use the Tricare retail pharmacy benefit. To find a participating pharmacy go to: www.express-scripts.com/Tricare/ or call Express Scripts at 1-877-363-1303. Tricare regularly adds coverage for new vaccinations based on CDC recommendations. For more information about the vaccines recommended by CDC, go to www.cdc.gov/vaccines. To visit the Military Health System Immunization Awareness page, go to www.health.mil/Themes/Immunization.aspx.

Hill AFB to host Families with Special Needs Summit

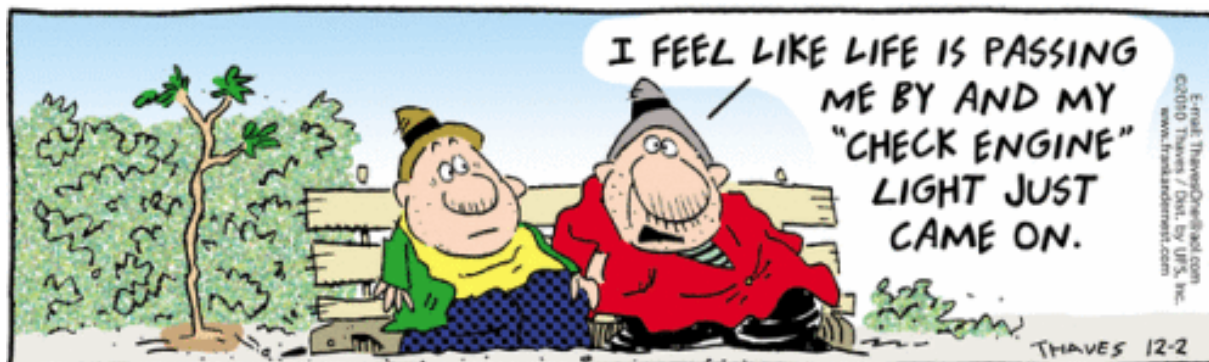
HILL AIR FORCE BASE, Utah – Hill Air Force Base will hold its second annual Families with Special Needs Summit at 9 a.m. Wednesday, April 20 at Club Hill.

The summit is open to all Team Hill families – military, civilians, contractors, as well as Guard and Reserve members from the local area.

The main events at the summit will include an information fair, family training sessions and a disability awareness luncheon the base's leaders.

More than 80 on- and off-base service agencies serving physical, mental, neurological and emotional disabilities covering a breadth of needs for all ages are lined up to attend.

For more information about the Exceptional Family Member Program or the upcoming Families with Special Needs Summit, contact Tammy Custer 801-586-2611 or Judy Maughan at 801-775-5960.



RX Home Delivery Win-Win Situation

Tricare officials continue to encourage beneficiaries, especially those taking long-term medications, to have their prescriptions delivered to their doorsteps. Rear Adm. Christine S. Hunter, deputy director for the Tricare Management Activity, cites the health care system's home delivery option as a win-win situation that saves patients, as well as the government, money.

Tricare's almost 9.7 million beneficiaries filled 10.5 million prescriptions through home delivery in 2009, up from some 9 million in 2007. Still, it represents only about 8 percent of the 130 million prescriptions filled in 2009. About 48 million of those prescriptions — 37 percent — were filled at military medical facilities, the least expensive delivery method for the Defense Department, and where patients have no co-payment. But those unable to use a military facility are increasingly turning to retail pharmacies within the Tricare network. Last year, beneficiaries filled more than half of their prescriptions — 71.4 million — at retail pharmacies.

While this may be convenient, Hunter noted that it is also the most expensive. Beneficiaries pay the same co-payment for a 30-day supply of medication at the corner drugstore that they'd pay for a 90-day supply delivered through Tricare's home-delivery option. In addition, beneficiaries using home delivery can get automatic refills — a plus for those taking medications for a chronic, long-term condition. Regardless of where beneficiaries get their medications, they're protected by a safety feature, Hunter said. The patient data transaction service monitors the medications every Tricare beneficiary receives to flag potential adverse drug interactions or allergic reactions.

OBEY RX INSTRUCTIONS - Drugs must be taken exactly as prescribed, without missing doses, if they are to work to their full potential. Failure to take medications exactly as directed, also called medication adherence, can lead to illness or even death. According to the Food and Drug Administration, factors that can affect medication adherence include a patient's belief that treatment is unnecessary or not effective, confusion about how and when to take medication and the cost of medications. Medication adherence may be especially difficult for patients taking multiple medications or those with complex dosing schedules.

In the case of taking an antibiotic for a minor respiratory infection, patients may feel better before taking the last dose. But not finishing a prescription can make it more difficult to treat the illness if it comes back or lead to other complications. If the benefits and risks of taking prescribed medications are not clear, patients should discuss concerns with their doctor or pharmacist.

Many maintenance medications are intended to reduce risk for serious, life-changing events such as heart attacks or strokes. If a patient experiences side effects, the doctor may be able to adjust the dosage or switch to a different medication.



For some reason, these new birds didn't seem as interested in William's bird seed.



GENERIC DRUGS GOOD DEAL FOR ALL - Ever hear of omeprazole, zolpidem, or cetirizine? These generic drugs treat gastrointestinal problems, insomnia and allergies and are also available under brand names. Generic drugs provide the same benefits as their brand-name counterparts at a lower price for beneficiaries and the government alike. Because of the safety, efficacy and cost-savings, it is DoD policy that Tricare beneficiary prescriptions use generic equivalent medication when available. Generic drugs are required to have the same active ingredients, strength, dosage and uses as brand name drugs. The medications usually look different because their inactive ingredi-

ents differ, but those features do not affect their safety or effectiveness. Prescription costs for Tricare beneficiaries are based on the type of drug and where the prescription is being filled, with generic always being the least expensive option. A 90-day supply of a generic drug through Tricare Home Delivery has a \$3 copayment, while a brand-name drug has a \$9 copayment. At a network pharmacy, the copayments are also \$3 for generic and \$9 for brand-name for a 30-day supply. When brand-name drugs are introduced, their formula is under a patent. After the patent period generic versions cost less, partially because they are not advertised.

PREAUTHORIZATION REQUIREMENT - Skilled nursing facilities have to preauthorize care provided to Medicare eligible Tricare beneficiaries once Medicare benefits are exhausted and Tricare becomes



the primary health coverage. This occurs when skilled nursing care is required beyond Medicare's 100-day limit. The preauthorization is requested by the skilled nursing facility. Since Tricare determination will have been provided prior to receiving extended lengths of care being, this will assist dual-eligible beneficiaries of Medicare and Tricare in planning for extended health care needs. Medicare and Tricare cover medically-necessary skilled nursing care and rehabilitative therapies, including room and board, prescription medication and laboratory work. Medicare covers the first 100 days of skilled nursing facility care. Tricare For Life covers treatment as long as it is medically necessary. The facility must be Medicare-certified and enter into a participation agreement with Tricare. Beneficiaries must have a qualifying hospital stay of at least three consecutive days,

not including the day of discharge. Entry to the skilled nursing facility must be within 30 days of discharge from the hospital.

SMOKERS DWINDLING - Although the decline in the U.S. adult smoking rate has stalled over the past several years, smoking amongst active duty personnel remains a problem. A 2008 Department of Defense survey reported that 30.5 percent of active duty personnel smoke. A 2009 Institute of Medicine report, commissioned by the Department of Veterans Affairs and DoD, found that 22 percent of all veterans smoke. For beneficiaries looking to quit, Tricare offers multiple programs and services to help. Treatment, including smoking cessation programs, is available at many military treatment facilities. Non-Medicare eligible Tricare beneficiaries can get assistance with smoking cessation by calling Tricare's Smoking Quitline, toll-free, 24 hours a day. Beneficiaries living in the North Region should call 866 459-8766.

KEEP SBP CHECKS COMING - Loss of a monthly Survivor Benefit Plan (SBP) check — for even a month — is something no annuitant wants to happen. Yet, it does and the culprit is often the designated recipient. Each year, 60-90 days before the annuitant's birthday, the Defense Finance and Accounting Service (DFAS) sends a Certificate of Eligibility (COE) to be completed and returned. If not received in 60 days, a second COE is sent. If a signed COE is not received within 90 days of the first mailing, the account is suspended. The COE verifies the annuitant's address, continued eligibility and other information. The COE can either be returned in the enclosed envelope or by updating an online myPay account promptly.

Fun Activities for you and your family

Outdoor Recreation—Golf—Bowling—Hobby Shop



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**.

PHONE: 801-777-9666/2225



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 9 a.m. 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 8 a.m. prior to the weekend. Call anytime after 12 p.m. to find out your time, or to make a time outside of the drawing.

Cost: 9 Holes, \$10 • 18 Holes, \$20 • Guest/ 9 Holes, \$12/\$24 • Golf Cart, \$6/\$12 • **Tee Times** ☎ **801-777-3272**



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, 12-9 p.m.

Check out all the activities/events/recreational opportunities with the latest edition of the **Happenings Magazine** at : <http://75thforcesupport.com/happenings/Happenings%20Jan%2011.pdf>



Karen Ochsner
Store Director
karen.ochsner@deca.mil
801-586-4884



Your Commissary

Operating Hours

Monday through Sunday, 9 a.m.-7 p.m.

The Commissary will close at 5 p.m. on Federal Holidays. The Commissary will be closed on Thanksgiving, Christmas day and New Year's Day.

Five good reasons to keep a good diary during the holidays

By: Karen Hawkins, DeCA Dietitian

It's possible to lose weight or at least keep from gaining during the holidays, if you keep a food diary. You might even find that you lose a few pounds, according to research.

The Kaiser Permanente's Center for Health Research found that one of the most important things you can do is write down what you eat.

When they followed more than 2,000 dieters, researchers found that the keeping a food diary was the greatest predictor of successful weight loss. It was even greater than exercise habits, age and body mass index. The number of pounds people lost was directly related to the number of days they wrote in their log.

To take it a step further, participants were asked to follow the DASH diet — Dietary Approaches to Stop Hypertension — which is high in fruits and vegetables and low in fat; attend weekly education sessions; and be physically active for at least 30 minutes a day. So if you really want to avoid the weight "creep" of five pounds or more this holiday season, consider keeping a food diary.

Keeping a food diary helps you see how much and what you eat throughout the day and night. It also lets you see what you eat over a period of time.



EXCHANGE
ARMY & AIR FORCE EXCHANGE SERVICE

AAFES Re-Launches Website

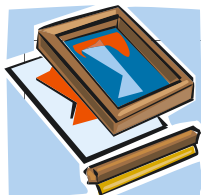
The Exchange's website shopmyexchange.com has been re-launched. More than \$5,000 in giveaways will be available for authorized shoppers, troops, and their families, who log on through April 18.

Exchange shoppers will find even more opportunities to save with limited-time only "super daily specials," an Online Savings Club available only to shopmyexchange.com community members, and specialty stores offered through an exclusive online vendor mall. To experience the new website, visit www.shopmyexchange.com.

For more discounts on products for military servicemembers, visit the Military.com Discount Center



Arts & Crafts and Auto Hobby Shop



Advance Shadow Box Class

Frame your own guidon or jersey \$45, plus supplies

Wednesday - by appointment, 5:30 to 7 p.m., 2 week class

Connie Thomas, Instructor

Wizard Mat Cutting Class

By Appointment

\$60 per student

5:30 to 9:30 p.m.

Connie Thomas, Instructor, 586-0567

Glass Fusing Class

April 11, 2011

3 weeks, \$ 125 includes all fees for 2-to-3 projects 6 to 8 p.m.

Ron Snorgrass is a certified teacher in glass fusion and will be teaching classes. Learn basic construction... and make some very cool items with glass.



Interior Design Workshop

Friday, 5:30 to 8:30 p.m., 4 weeks

\$55 per student

Dates: April 8, 2011

Patricia Broffel, Instructor

New Digital Photography Class

April 9, 2011

Saturdays, 12 to 2 p.m., 4 Weeks

\$65 per student

Selecting the right camera, choosing lenses, choosing recording resolution, selecting auto or manual modes, transferring my pictures

Instructor, Robert Brown



Other Digital Photography classes will include the following:

Basic Photograph Retouching

Basic Multimedia Slide Shows

Taking Panoramic Photographs

Large Format Digital Printing.

Robert Brown, Instructor

Fitness/Outdoor Recreation Expo

May 4 at the Fitness Center. 11 a.m.-4 p.m.

Area outdoor adventure companies, local travel experts, and hospitality industry representatives.

Odds 'n Ends

The Hill Aerospace Museum

is home to 96 aerospace vehicles, 77

of which are on public display. The Museum is open seven days a week, 362 days a year, free of charge. We are closed on Thanksgiving, Christmas, and New Year's Day.

What started out 1986 with a small collection of aircraft and a few displays in an old building has grown to become the second largest field museum in the Air Force system. In 2009 alone, the Museum hosted nearly 180,000 visitors--a 13% increase over our 2008 figures!

Our volunteers are the heart of the Museum, comprising 96% of our staff.

Most are retirees with close ties to either the Air Force, Hill Field, or both. Many serve as tour guides, others help with restoration, and some work in the ACE Learning Center, where they help us develop the next generation of Airmen.

We currently need help in all areas of Museum operations and have a special need for a new Volunteer Coordinator.

If you are interested in learning more about volunteer opportunities available at the Museum, please contact Scott Wirz at 777-5706.



P-51 Mustang



F-84G Thunderjet

Church Services

Protestant Christian Worship—11 a.m. in the Chapel Annex, Bldg. 445

Catholic Mass
8 & 9:30 a.m. at Club Hill



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



www.dfas & MyPay



Defense and Accounting Service (DFAS) website is your tool for accessing any of your pay issues or concerns

MyPay users have greater control over their pay accounts and can make changes to vital information in a secure environment. Some of the options within MyPay include:

- Download, save and print pay account information from military retired or annuitant account statements, or military/federal employee leave and earning statements.
- Download, save and print annual tax statements such as W-2's and 1099R's.
- Verify and update postal and email addresses.
- Verify and update bank account information for direct deposits.
- Start, change or stop financial allotments.
- Make changes to federal or state tax withholding amounts.
- Change user names and passwords to keep accounts secure.

To date, more than 2.6 million MyPay users have accessed their 2009 tax statements online, avoiding delays and possible security risks of regular mail delivery.

Last December, DFAS implemented a MyPay security enhancement requiring users to establish, new login credentials, including personalized login ID's and passwords. The agency has posted step-by-step instructions in both text and video on the MyPay home page to help customers set up new information.

If you need assistance accessing DFAS online, visit the Retired Activities Office at Hill and one of the volunteers will be pleased to help.

The Cost of Retirement



Older adults may not have to pay for transportation to work, business or work attire and lunches since they left their jobs. However, these expenses seem replaced by others such as medical costs due to increased doctors' visits, medical equipment, prescriptions, and specialized housing.

Furthermore, if your retirement income is not as much as you were making at your job, you may find yourself not being able to live within the means you did while working. You may have to sell your home, give up going on trips you found enjoyable or cut back on social activities. Unfortunately, all of these things are important to your happiness and survival during retirement.

Keep What You Love: How to Retire Broke and Survive

You don't have to cut out the enjoyable things in your life. All you need to do is find ways you can save money and receive [financial assistance](#). You may not be able to save a lot of money during this time, but making a few small changes will help you put away money for an emergency.

- **Cut back on groceries**

If you are accustomed to eating steak and seafood several times a week, cut back to only a couple of days each week. Choose foods that are less expensive such as pasta and chicken. You can find many recipes for both of these food items so you still have a variety of flavors to enjoy.

Ask for [senior discounts](#)

- **Look out for sales**

You may not have thought about how much things cost before but now is the time to start sale shopping. After awhile, it may become fun for you because it's like a treasure hunt for good deals.

- **Choose inexpensive activities**

Instead of going to an expensive show, look for community theatre or college productions. You could also start going to the movies, renting movies for home viewing or find senior centers that have many free or low-cost activities available.

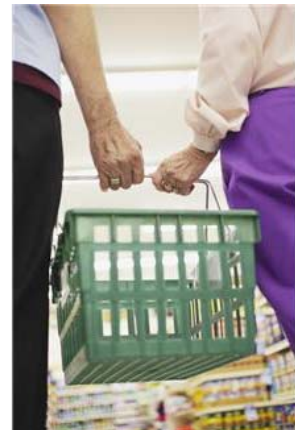
- **Take cost effective trips**

Instead of booking a luxury hotel when you take a trip, choose a place to stay that is less expensive but still nice. You can also use a different form of transportation that may be cheaper than flying.



- **Ask for generic prescription drugs**

Whenever your doctor writes you a prescription, ask for the generic of the medication.



- **Financial Assistance**

If you know where to look, you can find financial assistance for food, housing, and utility bills. Contact your local social services or Social Security Administration office to ask about any programs you may be eligible for due to your low income.

- **Food stamps**

If you are eligible, you will receive an allotment for food each month. You use a card similar to a credit card to debit the monthly amount awarded each time you shop for groceries.

- **Meals on Wheels**

Many senior centers and agencies provide meal delivery to your home if you are unable to cook or shop for groceries. Contact seniors centers or your local social services office to find out more about this service in your community.

- **Section 8**

Section 8 is housing assistance for low income individuals and their families. If you receive Section 8, you will receive a list of apartments, condominiums and other living options paid for by the government.

- **Utility bills assistance**

Some agencies offer assistance for utility bills during the winter months when electricity and gas bills are high. Not all states offer this, so you need to check with your local social services office.

- **Medicare and Extra Help**

Contact the Social Security Administration to apply for [Medicare](#). It will help pay for your doctors' and hospital visits. [Medicare Part D](#) helps you pay for prescription medications. The government set up this program to help low income seniors and provided them with a list of health insurance companies to use. Medication co-pay fees still may apply, the creation of the [Extra Help program](#) helps with the expenses not covered by the insurance companies.

Knowing how to retire broke and survive can help you make the best of your retirement. You may not want to cut corners or receive assistance, but it may be your only choice. You don't want to deprive yourself of too much because you still need to enjoy life, especially after working for so many years. Start by making small adjustments to your spending and asking for assistance, and soon you will feel more comfortable and appreciate the life ahead of you.

Initial Author: Marcelina Hardy



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.

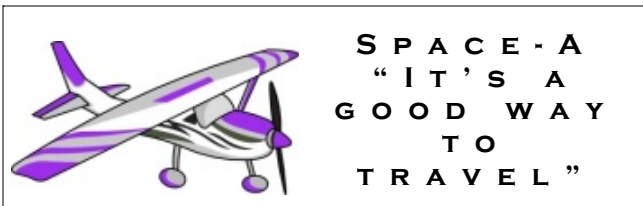
Fitness Center

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 building 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 building 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.





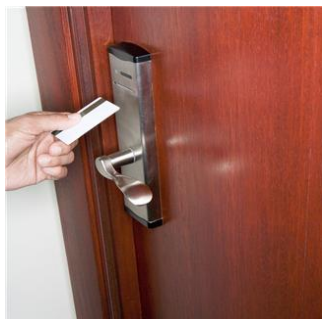
Flight Passenger Terminal

“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 800-462-7691
- Navy 800-628-9466

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

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.

Need an 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

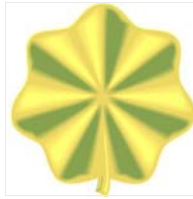
Also, if your I.D. card has been lost, you must see Security Forces in Bldg 1219 to fill out AF 1168 prior to issuance of an ID card.

ID Card Issuing Locations

- 75th FSS, Hill AFB (801) 586-5437
- 419th FW, Hill AFB (801) 777-0023
- 151st ARW Utah ANG, SLC IAP (801) 245-2331
- 96th 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



SALT LAKE TOTAL FORCE CHAPTER

Military Officers Association of America

The Salt Lake Total Force Chapter of the Military Officers Association of America cordially invites all members and potential members of MOAA to a dinner meeting on Friday, April 8, 2011 at the Golden Corral restaurant, 665 East Fort Union Boulevard (7200 South) at 6:30 p.m. All members, former members and potential members of MOAA and their spouses and guests are welcome.

During April and May, the Total Force Chapter will be recognizing outstanding ROTC and Junior ROTC cadets with medals and certificates at the University of Utah, Weber State University, Utah State University, Ben Lomond HS, Ogden HS, East HS, and West HS. One or more representatives from these programs will give a presentation on these programs to develop the future leaders of our military. Members with a connection to any of these schools are encouraged to participate in MOAA recognition of cadet excellence.

The Total Force Chapter is seeking volunteers to support and expand chapter activities and programs to help the chapter provide its members maximum value for membership. MOAA is working diligently in Washington to protect the interests and benefits that service members have earned. We need to step up at the local level in contacting our legislators, implementing programs, such as employment assistance for separating and former military personnel, and recruiting new members.

Golden Corral has great food (all you can eat!) at very reasonable prices. Dinner is \$10.39; drinks are \$1.89; dinner for seniors (60+) is 9.29; drinks for seniors are nineteen cents! On top of that, there is a fifty cent military discount. Golden Corral provides free meals to veterans on Veterans Day so they deserve our support.

For information and to RSVP, please contact Dan Hudson at: danhudson40@hotmail.com or at 801-835-6117. If you are unable to attend, regrets would be appreciated so we can estimate attendance. We look forward to seeing you on April 8!

Military Associations of interest to veterans and retirees:

Spouse & Family Support Organizations

[Air Force Enlisted Widows](#)

[American Legion Auxiliary](#)

[American Overseas Schools Historical Society](#)

[Armed Services YMCA of the U.S.A](#)

[Blue Star Moms](#)

[Fisher House Foundation](#)

[Gold Star Wives of America](#)

[Ladies Auxiliary to the VFW](#)

[National League of POW/MIA Families](#)

[Naval Sea Cadet Corps](#)

[Operation Homefront](#)

[Red Cross Emergency Service](#)

[Sentinels of Freedom](#)

[Sons of the American Legion](#)

[Toys for Tots Foundation](#)

[Tragedy Assistance Program for Survivors \(TAPS\)](#)

[Veterans Families United](#)

(Continued on Page 24)

Military Associations of interest to veterans and retirees:

Air Force and Air Guard Associations

[Air Force Aid Society](#)

[Air Force Association](#)

[Air Force Enlisted Widows](#)

[Air Force Historical Foundation](#)

[Air Force Memorial Foundation](#)

[Air Force Sergeants Association](#)

[Air Force Security Police Association](#)

[Airmen Memorial Foundation](#)

[Airmen Memorial Museum](#)

[Air Weather Association](#)

[Air Weather Reconnaissance Association](#)

[Army and Air Force Mutual Aid Association](#)

[Association of Air Force Missileers](#)

[B-47 Stratojet Association](#)

[Enlisted Association of the Air National Guard](#)

[National Guard Association of the United States](#)

[Safeside Association](#)

[The Air Force Association](#)

[United States Air Force Academy](#)

[Association of Graduates](#)

[The Air Force Historical Foundation](#)

[USAF Military Training Instructor Association](#)

Veterans Service Organizations and Advocacy Groups

[American Gulf War Veterans Association](#)

[The American Legion](#)

[The American Legion Riders](#)

[American Military Retirees Association \(AMRA\)](#)

[AMVETS](#)

[Disabled American Veterans](#)

[Iraq and Afghanistan Veterans Association \(IAVA\)](#)

[Military Coalition](#)

[Military Officers Association of America \(MOAA\)](#)

[National Veterans Organization of America](#)

[National Association of Veterans Program Administrators \(NAVPA\)](#)

[Paralyzed Veterans of America](#)

[Student Veterans of America](#)

[Veteran Advocates of Ore-Ida](#)

[Veterans Families United](#)

[Veterans of Foreign Wars of the United States](#)

[Veterans Health Council](#)

[Veterans of the Vietnam War](#)

[Veteran Support Center](#)

[Veterans Welcome Home and Resource Center](#)

[Vietnam Veterans of America](#)

➔ Note: All of these organizations have a web site that you can access for further information. If you need access to a computer you can check with the base library.