

HILL AIR FORCE BASE RETIREE ACTIVITIES



Quarterly Newsletter—January—March 2012

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

From the Director...



In this issue of the newsletter, we have provided you with as much information as we could with regard to the many issues that affect you: the military retiree and family. Some of the information may conflict but that is a reflection of ongoing discussions and debate.

Congress continues to look for potential spending cuts and the Department of Defense as well as military retiree benefits will continue to be a topic of discussion. Please look at the list of many military associations listed in this newsletter. Now, more than ever, it is important for each of us to support the military associations that lobby on our behalf. Consider associating with one.

The last 4 months have been challenging for those of us volunteering in the Retiree Activities Office. Due to the many schedule conflicts and insufficient numbers of volunteers, we could not maintain the posted office hours. For the near term, we will make an effort to keep our hours at 0900 - 1500 Monday through Friday while we search out additional volunteers. To maintain these hours we need more volunteers; we need your help. This is not a difficult assignment. Our target audience is the retiree and retiree dependent community. You already know the issues. You can help and we need you. Contact me at 801-777-5735 or you can email me at dante.petrizzo@hill.af.mil to sign on.

There are many other activities on base in need of volunteer support. Check out all the volunteer opportunities by calling Colette Geis, Hill AFB Volunteer Coordinator, at 801-586-2697.

Hill AFB RAO Newsletter is published electronically each quarter. Printed copies may be obtained from the RAO office located in Building 430 (old BX—next to the commissary)

John Lannefeld— Newsletter Editor

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

INSIDE STORY HEADLINE

Brigadier General (select) Sarah Zabel

Commander, 75th Air Base Wing, Hill Air Force Base, Utah. The wing provides installation support for Ogden Air Logistics Center, two fighter wings, and 61 other associate units, totaling 24,000 active duty, civilian and contract personnel. Additionally, it directly supports Air and Space Expeditionary Forces operations. The 75th Air Base Wing also has base support responsibility for the operation of the 1,500-square mile Utah Test and Training Range.

The current commander of the 75th Air Base Wing is Brigadier General (select) Sarah Zabel.

Prior to serving at Hill Air Force Base, she served as the Deputy Director, Cyberspace Operations on the Air staff. She has also served in the communications career field as a computer analyst, computer programmer, contract program manager and as a squadron commander. She deployed as Chief of C4 Operations, Plans and Engineering, to Al Udeid with the Central Command Air Forces.

Brigadier General (sel) Zabel has also served as an Air Force Academy instructor, Aide-de-Camp to the Deputy Commander of U.S. European Command; and as Mission Support Group commander.



Colonel Kathryn L. Kolbe

Vice Commander for 75th Air Base Wing, Hill Air Force Base, Utah is Colonel Kathryn Kolbe. Colonel Kolbe is a native of Pennsylvania. She earned her commission through the ROTC program at Lehigh University, Pa., in 1990, where she was a distinguished graduate.

She has served in several base and major command level positions as a programmer and community planner, environmental engineer, readiness and operations flight com-

manders and a housing investment and privatization program manager. She also served as an aide-de-camp and a legislative fellow in the United States Senate.

Before coming to Hill AFB, she served as the Basing, Facilities and Environmental Division chief, United States Forces-Iraq J7 Directorate, responsible for base closure oversight as part of the Responsible Drawdown of Forces.



Major General Andrew E. Busch

Commander, Ogden Air Logistics Center, Hill Air Force Base, Utah. The center provides worldwide logistics management, engineering, supply, contracting and depot maintenance for a wide variety of aircraft and munitions related platforms. He is responsible for the 75th Air Base Wing, 309th Maintenance Wing and the Aerospace Sustainment Directorate.

General Busch earned his commission in 1979 as a graduate of the U. S. Air Force Academy. He is a logisticians with a core background in fighter aircraft maintenance.

As an aircraft maintenance officer, he served in a variety of sortie production roles and commanded three maintenance squadrons and a maintenance wing.

He is also experienced in supply, transportation and acquisition issues at the wholesale logistics level. Prior to his current assignment, he was Commander, Richmond, Richmond, VA, a field activity of the Defense Logistics Agency.





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>

Air Force Retiree Home's and Foundations

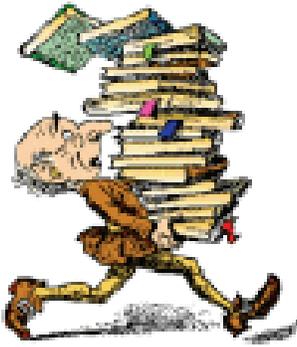
Air Force Enlisted Village. The village's primary goal is to offer housing and financial assistance to widows/surviving spouses of retired members. The village also offers housing to retired enlisted couples of the Air Force and Air National Guard who receive full retirement benefits and meet the eligibility criteria. For more information call 1(800)258-1413, Ft Walton Beach Florida.

Air Force Village West. Located in California, it is a military-oriented care retirement community serving officers of all branches of service. It is a full-service village designed for a wonderful lifestyle, comfortable housing and long-term health care. Any retired officer, spouse or widow holding an ID card (DD Form 2) is a candidate for residency at the village. The minimum residency age for the qualifying individual is 60 years. For additional information, write to the Air Force Village West, 17050 Arnold Drive, Riverside California 92518 or call 1(800)729-2999.

Air Force Village Foundation. The Air Force 1 and 11, in San Antonio, Texas, provides financial support and homes to widows and widowers of Air Force active and retired officers who would otherwise have no other place to live. Widows and widowers without financial means have priority for admission, and no one has ever been turned away for inability to pay. The widow and widower must be age 62 or over to become a permanent resident. The villages also offer a furnished apartment to a surviving spouse and children for up to a year to gather their lives following the death of an officer. For additional information on Air Force Villages 1 and 11, write to the Air Force Village Foundation, 5100 John D. Ryan Blvd, San Antonio, Texas 78245-3502, or call them toll free at 1(800)762-1122.

Air Force Enlisted Men's Widows and Dependents Home Foundation Inc: Widowed spouses over age 55 of Air Force enlisted members are eligible for residency. Residents pay for housing and service, although a primary purpose of the Foundation is to provide care for needy, eligible persons. For information, write to the Air Force Men's Widows and Dependents Home Foundation, 92 Sunset Lane, Shalimar, Florida 32579-1000, or call them at (904)651-3766.

The General and Mrs. Curtis E. LeMay Foundation: It can be confusing, frightening and heart-breaking to lose a spouse and find little, if any, financial resources and not know where to turn. The LeMay Foundation can be there to ease the burdens of everyday life. The Foundation can help with monthly supplemental grants to assist with food, rent, utilities and for some, health care. For additional information write to the General and Mrs. Curtis LeMay Foundation, 17050 Arnold Drive, Riverside, California 92518 or call them at (909)697-2099.



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.

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.

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 ."

Air Force Retiree Council

The Air Force Retiree Council provides the link between members of the Air Force retiree community—retirees, family members and surviving spouses living throughout the world—and the Air Force Chief of Staff.

It is comprised of two co-chairmen and 15 members representing retirees by geographical areas in the United States and overseas. Currently, there are two members-at-large appointed by the co-chairmen for their expertise in certain areas needed at the time of appointment. Annual meetings are held at Randolph Air Force Base, Texas.



The Retiree Council was established in 1972 with the first meeting in 1973. Effective in 1999, the Air Force Chief of Staff established co-chairmen. Incumbents are retired Lt. Gen Steven Polk and retired former CMSAF Rodney McKinley.

The council co-chairmen are the Air Force chief of staff's liaison with the retired community and work directly for the chief. They chair the Air Force Retiree Council and meet annually at the Air Force Personnel Center to discuss retiree issues. Upon conclusion of the meeting, they report the council's findings directly to the chief.

The council is comprised of the co-chairmen, 13 members who represent geographic areas within the continental United States, and one member from the Pacific and European areas. There are 109 Retiree Activities Offices and each council member oversees the retiree activities programs within his/her respective areas of responsibility. The co-chairmen play an active role in the selection of members.

At the invitation of local commanders and Retiree Activities Office directors, the co-chairmen visit Air Force installations to speak about issues concerning retirees and their dependents. They maintain with many military associations and obtain their views on retiree matters.

Council members are responsible for annual visits to their assigned installations in support of the local Retiree Activities Office. The current council member for Area IV which includes Utah, Colorado, Wyoming and Nevada is Lt Col (ret) John Lannefeld.

Colonel Lannefeld served thirty years with the Air Force, both active and reserve. His last assignment was as the Deputy Support Group Commander with the 419th FW at Hill Air Force Base.

Survivor Benefit Plan

Remarriage has impact on SBP coverage

A retiree who is providing Survivor Benefit Plan coverage for a spouse or a spouse and child will have the monthly coverage cost suspended if those beneficiaries become ineligible for coverage. A spouse loses eligibility on the date of divorce, or death. Children are eligible until age 18, or 22 if a full-time student. Marriage or military service at any age terminates a child's eligibility.

Retirees who remarry and have suspended their spouse-only or spouse and child coverage have the following options:

1. Spouse coverage can resume as before. By law, the new spouse will automatically become the eligible beneficiary at the same level in effect for the previous spouse, adjusted by cost-of-living increases, on the first anniversary date of remarriage, or when a child is born as legal issue of the marriage; however, it is the member's responsibility to notify the Defense Finance and Accounting Service of the new marriage to prevent loss of options or premium debt accrual.

Other SBP options after a post-retirement remarriage:

A. Increase coverage (base amount) up to and including full retired pay. If a retiree selects this option, he or she must pay the difference between the SBP costs previously paid and the costs which would have been incurred if the new level of participation had been originally elected, plus interest. Any increase in premiums, with interest, must be paid before the first anniversary of the marriage. Payment of these premiums and interest must be completed before the spouse qualifies as an eligible beneficiary or the election increasing the coverage will be null and void.

B. Elect not to resume the spouse portion of coverage before the date the spouse becomes an eligible beneficiary. Elections under this option are effective upon receipt; however, notification must be received before the date that the spouse becomes an eligible beneficiary or the spouse coverage will automatically be resumed at the level of coverage for the previous spouse plus any cost-of-living increases.

3. Election of either Option 2 or 3 above must be done before the first anniversary of the remarriage.

Notification of intent to select one of the above options must be accomplished by completing a DD Form 2656-6, Survivor Benefit Plan Election Change Certificate. This certificate, along with a copy of the marriage certificate, should be mailed or faxed (one or the other method, not both)

Defense Finance and Accounting Service as soon as possible after remarriage. The mailing address is provided in the instructions on the DD Form 2656-6 and the fax number is 800-469-6559.

Failure to notify DFAS well before the first anniversary will restrict a retiree's options and may result in a debt for SBP premiums to begin accumulating.



TriCare Fees to Increase?

The debate over who should shoulder soaring health-care costs for the military is back in the Senate, which takes up a proposal this week from Sen. John McCain (R-Ariz) to raise the fees for the system known as Tri-care higher still.

About 586,000 retirees of working age are paying annual family premiums of \$520, up from \$460, and individual premiums of \$260, up from \$230. Pharmacy co-pays also rose between \$2 and \$3.

The higher fees for the program's popular HMO are part of a Defense Department effort to slash personnel costs by billions of dollars. Premiums had not been changed in 17 years.

The question now is how high the increases should climb in the future. The fiscal 2012 Defense Authorization bill under debate in the Senate this week includes language that would hold down costs by capping increases at the rate of the cost-of-living adjustment in military retired pay. In the past four years, that increase has ranged from zero to 5.8 percent, according to the Military Officers Association of America (MOAA), an influential service group.

But McCain, the decorated war veteran and former prisoner of war, has proposed an amendment that would tie increases to the annual growth in health costs, estimated at 6 percent a year. The Pentagon agrees.

"As with other challenges we faced in this bill, we could have and should have done more," McCain said on the Senate floor this month. "Military retirees and their families deserve the best possible care in return for a career of military service, and nothing less. But we cannot ignore the fact that health-care costs will undermine the combat capability and training and readiness of our military if we don't begin to control the cost growth now."

Not surprisingly, the amendment has drawn fire from MOAA and other service groups, who argue that inexpensive lifetime health care was part of a deal they made with the government for risking their lives on the battlefield.

"A few years ago when he was running for president, Senator McCain said he opposed any fee increases whatsoever," said Steve Strobridge, director of government relations for MOAA. "We acknowledge times have changed, but military people should be the last people you're going after."-----

SOURCE: Washington Post "Federal Eye" article at <http://www.washingtonpost.com/blogs/federal-eye/post/mccain-proposal-would-raise-tricare-fees>



Plan to Reduce Retiree COLA Gets Clearer

Over the last two years military retirees and VA compensation recipients have complained about the lack of a cost-of-living adjustment to their pay. As reported here, the issue was not political or even deficit reduction; it was due solely to the fact that COLA is based on inflation as determined by the previous year's Consumer Price Index. But, that may all soon change — right when retirees are looking forward to getting a COLA for the first-time since 2009. In an effort to reduce government expenses, the Senate is now considering changing the rules for how COLA is determined. The proposed changes will likely result in reducing the COLA in 2012 by up to .3 percent.

Military columnist, Tom Philpott, reports that the new basis for COLA would be the Chain Consumer Price Index for All Urban Consumers (or C-CPI-U). Adopting the Chain CPI to adjust entitlements has been recommended by every group looking for ways to address the federal debt crisis.

It appears that after two years of getting a break from paying a COLA, the Federal Government is now looking to change the rules just as the COLA and inflation are about to shoot upwards. (Source: MilitaryAdvantage.Military.com, July 21, 2011 • Terry Howell)

Chained CPI

One of the most frequently mentioned options by most parties at the deficit-cutting table is a —technical correction to the CPI called the —chained CPI.

It's gone under the radar for the most part. But if implemented, it could affect the lives of almost all Americans — especially service members, federal civilian employees, Social Security recipients, and other retirees and survivors.

This isn't a new idea. It's been pushed for years by some economists who believe the CPI overstates inflation by failing to adequately recognize that consumers change their behavior when prices of some products and services rise sharply.

When that happens, economists say, people simply buy cheaper substitute products — carrots instead of peas or tea instead of coffee.

While coffee drinkers might rebel at that, the case gets even stickier with other substitutions. Is hamburger a reasonable substitute for steak? Is a compact car a reasonable substitute for a full-size one? Is pasta a reasonable substitute for fish? Is shopping at a discount store a reasonable substitute for shopping at a high-end department store?

We're not just talking about price substitution here. It's also about quality-of-life substitution, and that's where MOAA thinks a line must be drawn. Over time, this mentality leads to substantial changes in living patterns — from steak to hamburger to hot dogs to ... let's not go there.

While critics might argue this wouldn't actually happen, there's no practical safeguard to prevent it. If A can be substituted for B, then B later can be substituted for C, once you've accepted the substitution philosophy.

Let's look beyond the philosophy to the bottom line. The chained CPI would reduce retired pay and other COLAs by about one-quarter of a percentage point each year. That doesn't sound like much, until you see how that would compound over a retiree's lifetime.

Military retirees and the disabled particularly would be affected because they start drawing inflation-adjusted pay at relatively younger ages. For a military retiree, switching to a chained CPI COLA would reduce total lifetime retired pay by about 6 percent.

That's about \$100,000 for an E-7 retiring today with 20 years of service. A newly retiring O-5 with 20 years of service would lose double that amount.

And that's for someone living an average lifespan (early 80s). Half will live longer, and expected longevity is rising every year. Three other factors are relevant here, as well.

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First, the Bureau of Labor Statistics already made a change to allow some relatively modest substitutions (of the peas and carrots variety) several years ago. Second, when COLA changes (delays) previously were proposed in the 1990s, the outcry from seniors successfully won an exemption for Social Security, leaving COLA penalties to fall disproportionately on military retirees. Third, smaller COLAs aren't the only penalty of the chained CPI, because it also would be used for tax threshold adjustments. Smaller annual tax-bracket adjustments mean ... guess what? More people shifting into higher tax brackets every year. Some think it's the lesser of the evils we might face during the coming fiscal crunch and that might well be true. But that doesn't make it right. (Source: MOAA, By Col. Steve Strobidge, USAF-Ret.)

Mullen Says Pay, Benefit Cuts 'On the Table'

The Pentagon's top officer said Thursday that service members will likely see cuts in pay and benefits as the military plumbs its budget for nearly half a trillion dollars in savings over the next 12 years. Joint Chiefs of Staff Chairman Adm. Mike Mullen warned against taking the "relatively easy" choice of cutting hardware while maintaining the increasing costs of paying and providing ongoing health care to troops and retirees.

"Two of the big places the money is, is in pay and benefits," Mullen told defense reporters at a June 2 breakfast meeting in Washington. "And so when I say all things are on the table, all things are on the table."

In May, President Obama proposed sweeping budget cuts totaling \$400 billion over the next 12 years -- a fiscal hit experts say will largely come from the DoD. Defense Secretary Robert Gates has said health care costs are "eating the Department of Defense alive" -- with nearly 10 percent of the budget going to health benefits for active and retired service members.

"Sustaining ... the weapons and the Soldiers, Sailors, Airmen and Marines who use them is increasingly difficult given the massive growth of other components of the defense budget, the 'tail' if you will -- operations, maintenance, pay and benefits, and other forms of overhead," Gates said in a May 24 speech. "America's defense enterprise has consumed ever higher level of resources as a matter of routine just to maintain staff and administer itself."

Mullen went further, saying savings should be found in pay and benefits costs before cuts to programs and personnel. "We need to avoid just making the relatively easy decision [to] just cash in force structure," Mullen said. "We have to go through everything else -- and 'force structure' are platforms and people -- before we get to that point, because that's why we're here."

He added that these cuts will likely need to be made in the next few years in order to "start to generate cash in the out years."

The U.S. doesn't face the same world it saw after the Vietnam War, Mullen argued, when Congress and the Pentagon slashed defense by nearly 40 percent. The threats to U.S. security are real and growing, so gutting aircraft and ship programs would undercut American defense, he said.

"I'm not satisfied with the idea that 'let's just be the best counterinsurgency force we can be in the future,' and that's it," he said. "We still have high-end war fighting requirements that we're going to have to resource, and those are important programs."

Mullen, who's due to leave his post this fall, said the Pentagon is still working out the options on where to find the \$400 billion in savings. And while he wasn't sure where the White House would come down on the issue, he was firm in his belief that preserving future hardware is a top priority for the DoD.

"We're at the point where ... we have to present 'here are options to execute this,' and those are then decisions that the president has to make," Mullen explained. "So we haven't gotten to the specifics of [whether] the White House supports X, Y and Z." (Source: *Military.com* by Christian Lowe)

DFAS Newsletter: Our goal is to deliver first-class service and products to each and every customer.

Read More: <http://www.dfas.mil/dfas/retiredmilitary/newsevents/newsletter/customercommitment.html>

Fast Forms Coming Soon!

DFAS.mil will soon feature automated versions of the forms retirees often use when communicating with us. The new forms will allow you to submit account changes to DFAS online, eliminating the tedious process of filling forms out by hand.

More Information: <http://www.dfas.mil/dfas/retiredmilitary/newsevents/newsletter/fastformssoon.html>

What You Need to Know About Your Survivor Benefit Plan

Although providing for your loved ones' futures may not seem immediately necessary, the decisions you make regarding your Survivor Benefit Plan (SBP) can impact your family's financial future.

Learn More about SBP: <http://www.dfas.mil/dfas/retiredmilitary/newsevents/newsletter/knowsbp.html>

When Your Disability Rating Changes

If you are rated by the Department of Veterans Affairs (VA), please check your Retiree Account Statement to make sure your disability rating on file with DFAS is correct.

Read More: <http://www.dfas.mil/dfas/retiredmilitary/newsevents/newsletter/ratingchanges.html>

What DFAS, the VA, and Your Branch of Service Do for You

While you may not always see it happening, your Branch of Service, the Department of Veterans Affairs (VA) and DFAS work together to make sure you are paid accurately and on time.

Find Out How: <http://www.dfas.mil/dfas/retiredmilitary/newsevents/newsletter/whattheydoforyou.html>

What a Separation Recoupment Means for Your Retired Pay

If you separated from your Branch of Service under one of these programs, and you later become eligible for retired pay, there are a few things to keep in mind.

Get the Details: <http://www.dfas.mil/dfas/retiredmilitary/newsevents/newsletter/separationrecoupment.html>

How to Update Your Direct Deposit Information

Have you recently switched banks? Have you changed bank accounts? Or maybe you just want your retired pay sent to a different account. No matter what the reason, it's important to inform us of any changes to avoid misrouted payments.

Find Out How: <http://www.dfas.mil/dfas/retiredmilitary/newsevents/newsletter/updatedirectdeposit.html>

How to Update Your Mailing Address

Summer is finally upon us, which means moving season is here. If you have moved to a new home, or you're just not sure the address we have on file for you is current, it's important to update us.

Learn more: <http://www.dfas.mil/dfas/retiredmilitary/newsevents/newsletter/updatesmailingaddress.html>

How to Update Your Arrears of Pay Beneficiary

Retired pay earned but not paid in the final month of your life goes to whoever is listed as your Arrears of Pay (AOP) beneficiary. It is vital to keep this information up to date and accurate.

Find Out More: <http://www.dfas.mil/dfas/retiredmilitary/newsevents/newsletter/updatearrears.html>

How to How to Start, Stop or Change an Allotment

Got an allotment? Want to stop, start, or change one? There are two ways to do it.

Read more: <http://www.dfas.mil/dfas/retiredmilitary/newsevents/newsletter/startstopchangeallot.html>

Odds 'n Ends and Items of Interest

Tom Coburn's Cuts: Military's Tricare Prime Health Care Program Targeted

Sen. Tom Coburn (R-Okla.) wants to cut taxpayer funding for non-military elements of the Defense Department, starting with making retired, uninjured service members pay more for what he described as "extremely low-cost health care for life" for themselves, their spouses and dependents under the Tricare Prime system. For military retiree's eligible for Medicare, he also wants to raise the co-payments that they are charged to be in Tricare for life, the second payer for health care after Medicare. In addition, he wants to increase low fees that Tricare beneficiaries pay for pharmaceuticals purchased at their local drugstores.

Former defense secretary Robert M. Gates proposed raising Tricare Prime enrollment fees for single retirees from \$230 a year to \$260 a year and fees for retiree families from \$460 a year to \$520 a year. Coburn wants the fees to be much higher and more in line with private-sector health plans. Part of his concern is fairness, first for uninjured veterans who, for example, served in Iraq and/or Afghanistan but "leave the military without serving 20 years [and] are not entitled to any of these health-care benefits." They represent some 70 percent of those serving, according to Pentagon officials. Another comparison he makes is to other federal government workers whose plans are not as cheap. A medical doctor, Coburn told reporters last Monday: "Nobody in the country, as a single person working 20 years for the government, should be able to get health care for \$250 a year. Nobody was ever promised that, and nobody should be able to do that." Instead, he wants to increase the enrollment fee for single retirees to "approximately \$2,000 per year and \$3,500 for a family." At the same time he would limit out-of-pocket expenses at \$7,500 for those retirees with families. He thinks these changes could save \$11.5 billion a year. His Tricare for Life would require retirees to pay up to \$550 for half the initial cost not covered by Medicare and then up to \$3,025, after which all costs would be paid by Tricare. This change could save \$4.3 billion a year.

Coburn wants to reduce the \$8 billion annual government share of the cost of drugs that Tricare beneficiaries purchase from their local private retail pharmacies rather than buying them at lower cost by mail order or at military base facilities. Where the price is now \$3 for a 30-day supply of a generic drug and \$9 for a brand-name from private pharmacies, Coburn would raise that to \$15 for generic and \$25 for brand names and save some \$2.6 billion a year. Coburn told reporters he has no doubt about the reaction to his Tricare ideas. There's no question," he said, retired military; they won't like what I've done. But the fact is nobody's going to like what we've done, because everybody gets a pinch - everybody. "

Beyond health care, Coburn has several other proposals that will rattle the Pentagon. He wants to eliminate most of the \$1.3 billion-a-year subsidy that supports the Defense Commissary system of 252 grocery stores on military bases worldwide. Prices at commissaries are much lower than at civilian supermarkets; they are listed at cost plus a 5 percent surcharge. That money goes to offset costs of new commissaries or to repair and maintain old ones. It does not pay for salaries and benefits of the roughly 18,000 people who work at the commissaries.

Coburn supports a Congressional Budget Office proposal that would reduce the taxpayer subsidy over five years and see a gradual raise in prices so commissaries could become self-sufficient. The increase in cost, according to the CBO, would amount to \$400 per service family per year and save the government about \$900 million annually.

He also wants to close down the Congressionally Directed Medical Research Program, which for more than 20 years has added around \$200 million a year primarily for breast, lung and prostate cancer projects that have to be managed primarily by contractors. Coburn's option is to "transfer funding for cancer research that affects the general population back to [the National Institutes of Health] and reduce the administrative costs of administering this research for savings." (*SOURCE: Stars and Stripes by Walter Pincus, Published: July 24*)

MEDIC MESSENGER

7321 Balmer Street
Hill AFB, Utah

Hours of Operation:

Monday-Friday: 7 a.m.-5 p.m.

Wednesday: 9 a.m.-5 p.m.

Clinic Telephone Tree/Appointments

Line: 801-728-2600

Pharmacy Refill: 801-775-3630

Closures/in

Operating Hours



Prevent Colds with this Natural Mineral

Feel yourself developing the sniffles? Better take some zinc.

Zinc is an element in the earth's crust—one of the most common, in fact. And while too much zinc is dangerous, the human body needs zinc for certain functions. One of the most important is to keep your immune system strong.¹

By boosting your intake of zinc, you could help ward off colds.

Just make sure you're getting your recommended intake of zinc. Remember, too much could prove harmful to your body.

Recommended Dietary Allowances (RDAs) for Zinc

** Source: National Institutes of Health, Office of Dietary Supplements*



W h i c h f o o d s c o n t a i n z i n c ?

Try eating some of these foods, which are naturally high in zinc:²

Oysters or crab

Baked beans, canned

Raisin bran cereal

Cashews

Low fat yogurt and fruit

Chicken leg

Red meats, such as beef or pork

For more information on healthy eating, visit TriWest.com's [nutrition page](#).

Sources:

¹ [Centers for Disease Control and Prevention Public Health Statement for Zinc](#)

² [National Institutes of Health](#)

TRICARE News

TRICARE Young Adult Prime Begins January 1

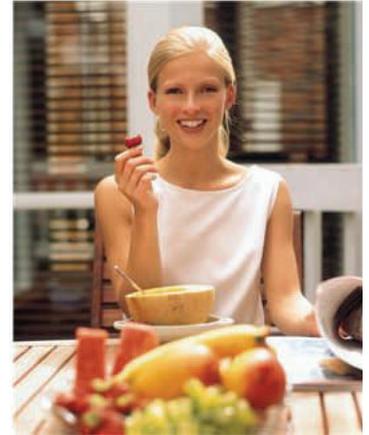
TRICARE Young Adult, the premium-based TRICARE coverage for young adults through age 26, [begins offering Prime coverage on January 1](#). Enroll today!

TRICARE Health Matters Issue 7

[Health Matters issue 7](#) is out! Learn about the milConnect Military Benefits Portal, expanded vaccination coverage, pregnancy benefits and more.

TRICARE Online

Set appointments and fill prescriptions at certain military clinics, and access your personal health data, through the [TRICARE Online](#) website.



TriWest News

Get Handbooks, Brochures and Forms Online

Did you know you can find most of the print materials you need to manage your TRICARE benefit online at TriWest.com? Visit TriWest.com/Handbooks for handbooks, brochures and other reference materials, or get forms at TriWest.com/Forms.



We're Donating \$5 In Your Name. Tell Us Where!

Make managing your health care easier and support military families at the same time! Register for a secure TriWest.com account and "[Go Green and Give](#)" \$5 to your choice of support organizations when you choose paperless options.

Teen Aces Health Challenges to Resume Active, Healthy Life

Madalyn overcame debilitating health issues to get back to living a 14-year-old's typical lifestyle, and even became a star in her school's varsity tennis team. [Watch her inspiring story](#) of hope and perseverance.



Healthy Living News

Prevent Colds With This Natural Mineral

It helps boost your body's ability to fight colds, and you can find it in baked beans and red meats. What's the natural mineral that [builds your body's defense system](#)?

Flu Fighters

Pick up some handy tips on how to fight the flu, including all the info you need about your complete TRICARE flu shot coverage, at TriWest.com/Flu.

Military Update

In post-Iraq era, drawdown tools replace benefit boom

By Tom Philpott

The end of the Iraq war also appears to end a golden age of growth in military pay and benefits, which lasted at least a decade and corrected many perceived or long-standing faults in military compensation.

Disabled retirees, reserve component members, surviving spouses and active forces all benefitted from flush wartime budgets and a Congress attuned after 9/11 to America's deepening appreciation of current and past generations who risk life and limb in our nation's wars.

But amid a deepening debt crisis and return of all U.S. forces from Iraq, the 2012 defense authorization bill (HR 1540) approved last week shows priorities shifting, toward controlling defense spending and preparing to drawdown forces. Restored are some old authorities needed to "reduce end strength in a responsible manner," explained a House-Senate conference report on the bill. These include:

- Temporary Early Retirement Authority, TERA, to allow select members a reduced annuity if released after 15 years but less than 20;
- Voluntary Retirement Incentive Pay, payable to "no more than 675 officers' with 20 to 29 years of service can be encourage to leave in return for payments of up to 12 months of basic pay;
- Voluntary separation pay and benefits for select enlisted members or officers who have more than six years' service but fewer than 20.
- Expansion from three months to one year the period that an enlisted member can be discharged early without incurring a loss of benefits. But no pay or allowances would be paid for obligated time not served.

The Army and Marine Corps saw the steepest force increases during the Iraq war and expect to make the deepest post-war cuts. Army end strength in 2012 will fall by 7,400 soldiers, to 562,000, by October. That's still up 77,000 from 2003. Marine strength will hold at 202,100 but plans are to cut the Corps to 186,800 or even lower as cost-cutting pressure intensifies.

The Navy is down 54,400 sailors since wartime strength peaked at 383,000 in 2002. It will lose another 3,000 to reach 325,700 by fall.

The Air Force is to gain 600 airmen for total active duty strength of 332,800. Though it is down 40,000 airmen since a wartime peak in 2004, Air Force exceeded its authorized level by 1,200 last October.

The new defense bill authorizes the modest TRICARE Prime enrollment fee increases that took effect Oct. 1 for working age retirees, the first bump since TRICARE began 16 years ago. It also directs retiree Prime fees be raised annually by the percentage hike in retired pay through annual cost-of-living adjustments or COLAs. Pharmacy co-payments will be allowed to rise.

Effective back to Oct. 1, 2011, the services must prorate imminent danger pay and hostile fire pay of \$225 a month based on number of days spent in designated danger areas. Previously, any part of a day in a war zone qualified a member for the full monthly payment. Only if there's exposure to hostile fire will a day in theater now trigger full payment.

The Obama administration, military leaders, prominent lawmakers and various debt commissions have signaled deeper cost-sharing ahead for military beneficiaries including a first-ever enrollment fee for TRICARE for Life and a dampened COLA formula for all federal entitlements. So beneficiaries have reason to be wary of the defense budget to be unveiled in February with all accounts, including personnel, facing spending cuts.

(Continued on page 15)

(Continued from Page 14)

Killed during final negotiations between House-Senate conferees on this defense bill was a provision to end reductions in survivor benefit annuities for surviving spouses to match Dependency and Indemnity Compensation from the Department of Veterans Affairs.

Also killed was a provision to ease the impact of this SBP-DIC offset by increasing amounts paid under the interim Special Survivor Indemnity Allowance.

Progress also has stalled on other entitlement reforms including lifting the ban on concurrent receipt of both retired pay and VA disability compensation for all disabled retirees. Still being impacted by the ban are retirees with disability ratings of 40 percent or less and disabled veterans forced by health conditions to leave service short of 20 years. President Obama at one time endorsed these benefit expansions but no more.

Military associations don't brag of gains over the past decade, probably to protect them and to the fight effectively for others. But even a partial list is impressive. Older retirees today have TRICARE for Life, a prized supplement to Medicare that didn't exist before. All beneficiaries have access to a mail order drug program and a vast retail pharmacy network. Many thousands of retirees with serious or combat-related disabilities now draw full retired pay plus VA disability compensation because Congress ended for them the century-old ban on concurrent receipt.

The Survivor Benefit Plan is more valuable since Congress ended a deep reduction in annuities at age 62 when surviving spouses become eligible for social security. The gratuity for combat related deaths was raised six fold to \$100,000 and maximum Service members' Group Life Insurance coverage rose from \$250,000 to \$400,000. Congress also approved a lump sum Traumatic SGLI payment of up to \$100,000 to assist the most severely wounded with immediate financial challenges.

A decade ago careerists faced a reduced retirement plan, Redux, and an anemic post-service education benefit. Congress restored for them the traditional retirement plan of "half" base pay at 20 years with full COLA or annual cost-of-living adjustments. In 2009, a far more valuable Post-9/11 GI Bill took effect for those with active service since Sept. 11, 2001.

A perceived military pay gap with the private sector was closed over a decade with a string of annual raises that exceeded private sector wage growth, and out-of-pocket housing costs fell sharply as Basic Allowance for Housing was raised enough to cover members' average rent and utility costs.

Reserve personnel also saw gains including premium-based TRICARE coverage while in drill status and the lowering of the age-60 reserve retirement tied to length of wartime deployments after January 2008.

To comment, email milupdate@aol.com, write to Military Update, P.O. Box 231111, Centreville, VA, 20120-1111 or visit: <http://www.militaryupdate.com>.

Source: Ogden Standard-Examiner, December 29, 2011

The 75th Medical Group Implements New Electronic Third Party Collections (TPC) System

Under the Consolidated Omnibus Reconciliation Act of 1986, all military medical treatment facilities are mandated to bill health insurance carriers for the cost of medical care provided to active duty family members, retirees and family members who are covered by other health insurance. This program is known as Third Party Collections (TPC). The 75th Medical Group (75 MDG) Clinic must comply with this law and needs your help for continued program success.

We have implemented a new electronic system to streamline the process of collecting Other Health Insurance (OHI) information for our beneficiaries. You will be asked if you have Other Health Insurance at every point of service when you are at the 75 MDG. If you are covered by Other Health Insurance or have a Medicare supplement, we will ask for your insurance card (s) to scan into the electronic database. You will no longer manually fill out the DD Form 2569, Record of Other Health Insurance form, and the yellow card will be eliminated. Each point of service will have a scanner and signature pad to expedite the collection process.

The obligation to pay medical care costs applies **only** to the insurance carrier. Your insurance company will pay benefits directly to the 75 MDG and you will not be billed or responsible for any uncollected charges. Ten percent of the 75 MDG operations and maintenance budget comes from TPC. Monies collected under this program are deposited directly to the 75 MDG. For further assistance with the TPC Program, please stop by the TPC office located on the main floor near the pharmacy or call our TPC representatives at 586-9847 or 777-6422.

How TRICARE Works with Other Health Insurance

The coordination of benefits between TRICARE and other health insurance (OHI) can be confusing. If a beneficiary has health care coverage through an employer, public or private insurance program.

If a beneficiary has OHI, he or she should tell his or her provider and regional health care contractor. Beneficiaries should also fill out the OHI form located on their regional health care contractor's website (<http://www.tricare.mil/contactus>). Keeping the regional health care contractor informed about the OHI will allow TRICARE to better coordinate benefits and will help ensure that there is no delay in payment of claims.

TRICARE is the secondary payer when a beneficiary has OHI. Before TRICARE considers the claim, the beneficiary's OHI must pay first. The exceptions are Medicaid and TRICARE supplemental plans. Please go to TRICARE's website to learn more <http://www.tricare.mil/mybenefit/home/Medical/OHI>. (Continued on next page)

After the other insurer pays, TRICARE will pay what is left up to the TRICARE allowable charge, which is the maximum amount TRICARE will authorize for medical and other services furnished in an inpatient or outpatient setting. There is no change in benefit limits when TRICARE is the secondary payer.

Beneficiaries need to be sure to submit all claims to TRICARE because deductibles may be applied to their annual catastrophic cap. The beneficiary's provider may submit secondary claims as well.

To reduce pharmacy costs, a beneficiary's best option is to use a TRICARE retail network pharmacy that is also covered by their OHI. After the OHI pays, TRICARE may reimburse the beneficiary for part or all of their out-of-pocket costs, including copayments. Beneficiaries are not eligible to fill prescriptions via home delivery if they have OHI with a prescription plan, including a Medicare Part D prescription program, unless they meet one of the following requirements:

.1. The medication they need is not covered by their OHI. —2. They have met their OHI's benefit cap.

If the OHI provides only medical coverage, not pharmacy coverage, he or she still may be eligible to use home delivery (<http://www.tricare.mil/homedelivery>) as their prescription benefit. Beneficiaries can go to <http://www.tricare.mil/mybenefit/home/Prescriptions/OHI> for pharmacy questions or contact Express Scripts, Inc. at (877) 363-1303. Finally, active duty service members, including activated National Guard and Reserve members, cannot use OHI. TRICARE is their primary payer. (Source: TRICARE News Release)



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 to 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 (North Region - www.hnfs.net/bene/enrollment/fees/Enrollment+Fees-Payments.htm).

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, copayment 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).

RX Home Delivery Win-Win Situation

IMPORTANT UPDATE

On January 1, 2012, Walgreens will no longer be a TRICARE network provider.

If a beneficiary fills a prescription at Walgreens after Dec. 31, 2011, they will pay 100% of the cost and will need to file a paper claim for non-network benefit reimbursement (with a higher cost share). Additional information can be found at the following websites;

<http://www.tricare.mil/walgreens/>, <http://www.express-scripts.com/TRICARE>, <http://www.defense.gov/news/newsarticle.aspx?id=66626>, or by calling ExpressScripts at 1-877-363-1303. These resources can be used to find information on how to transfer a prescription, find a new pharmacy, or other FAQs

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 copayment. 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.





TRICARE® Prime Enrollment Fees

Beginning on October 1, 2011, TRICARE will make modest adjustments to TRICARE Prime enrollment fees that amount to an additional \$5 a month for families and \$2.50 a month for individuals. The new fees are outlined in the table below.

TRICARE PRIME ENROLLMENT FEE CHANGES

Fiscal Year 2011 (October 1, 2010– September 30, 2011)	Fiscal Year 2012 (October 1, 2011– September 30, 2012)
\$230/individual	\$260/individual
\$460/family	\$520/family

Retired service members and their eligible family members, survivors, and former spouses pay TRICARE Prime enrollment fees, which are applied to the annual catastrophic cap. There are no enrollment fees for active duty service members (ADSMs) and active duty family members enrolled in TRICARE Prime, TRICARE Prime Remote, or TRICARE Prime Remote for Active Duty Family Members.

NO CHANGE IN FEES THIS YEAR FOR CURRENT ENROLLEES

The fee increase applies only to new enrollees whose TRICARE Prime applications are received on or after October 1, 2011. The fee for current enrollees will be frozen at the fiscal year 2011 rate—so if you are already enrolled in TRICARE Prime, your payments will not change in the coming year, as long as you remain in TRICARE Prime. Moving forward, TRICARE

Prime enrollment fees will be subject to increases each fiscal year. Current enrollees, whose fees will not change for fiscal year 2012, will experience a yearly change in fees beginning in fiscal year 2013.

EXCEPTIONS FOR SURVIVORS AND MEDICALLY RETIRED SERVICE MEMBERS

An exception to the fee increase will be made to allow survivors of active duty deceased and medically retired uniformed service members and their dependents enrolled in TRICARE Prime to be exempt from future enrollment fee increases.

Beneficiaries in these categories before October 1, 2011, will have the annual enrollment fee frozen at the current rate of \$230 per individual and \$460 per family. Beneficiaries added to these categories on or after October 1, 2011, will have their fee frozen at the rate in effect at the time they are classified in either category. The fee remains frozen as long as at least one family member remains enrolled in TRICARE Prime and there is no break in enrollment. The fee charged for the dependents of a medically retired uniformed service member will not change if the dependents are later reclassified as survivors.

KEY POINTS TO REMEMBER

Moving forward, there will still be no out-of-pocket costs for ADSMs, no changes to TRICARE Standard and TRICARE Extra, and no change to the catastrophic cap for all plans. For more information, visit www.tricare.mil/costs.

FOR INFORMATION AND ASSISTANCE

 TRICARE North Region Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) www.hnfs.com	 TRICARE South Region Humana Military Healthcare Services, Inc. 1-800-444-5445 www.humana-military.com	 TRICARE West Region TriWest Healthcare Alliance 1-888-TRIWEST (1-888-874-9378) www.triwest.com
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This fact sheet is not all-inclusive. For additional information, please visit www.tricare.mil.

An Important Note about TRICARE Program Information

As the time of printing, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. Military treatment facility guidelines and policies may be different than those outlined in this product. For the most recent information, contact your TRICARE regional contractor, TRICARE Service Center, or local military treatment facility.

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September 2011

FS17718E00012W

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.

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 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

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://www.75thforcesupport.com/>



Auto Hobby Shop Safety Inspection Special

Save \$5 on our state safety inspections and emissions inspections on Tuesdays and Wednesdays (regularly \$9 for motorcycles and \$17 for vehicles). Call 801-777-476 to make an appointment.

Hours of Operation

Engraving Shop: 801-777-2649, Frame Shop: 801-586-0567

Monday - Friday: 10 a.m. to 5 p.m.

Wood Shop: 801-586-0565

Friday: 2 to 6 p.m.

Saturday: 10 a.m. to 5 p.m.

Auto Hobby Shop: 801-777-3476

Tuesday - Thursday: 11 a.m. to 6 p.m.

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.



EXCHANGE
ARMY & AIR FORCE EXCHANGE SERVICE

- 7451 6TH ST ([View Map](#))
- HILL AFB, UT 84056-5704 United States
- Store Phone: (801)777-2300
- Fax: (801)586-4891
- DSN: 777-2300
- DSN FAX: 586-4891
- Email: karen.ochsner@deca.mil

Management

- Store Director: Karen M. Ochsner
- Phone: 801-586-4861
- DSN: 586-4861
- Email: karen.ochsner@deca.mil

Store Hours

Open 9 a.m. to 7 p.m. daily

- Bakery
- Custom Photo Cakes
- Deli
- Fresh Sandwiches to go
- Party Cakes
- Plants
- Rotisserie Chicken



AAFES Re-Launches Website

Main Base Exchange

Bldg. 412
 5845 E. Ave., Hill AFB UT 84056
 Monday-Saturday: 9 a.m.-8 p.m.
 Sunday & Holiday: 10 a.m.-7 p.m.
 (801) 825-8584, (801) 779-0731, (801) 773-1207, FAX (801) 773-9967

It makes sense to shop your Exchange!

Everyday competitive pricing, sales tax relief and interest rate avoidance save Soldiers and Airmen an average of \$2,728 every year. Beyond adding money to authorized patrons' bottom line, shopping improves quality-of-life when the Army and Air Force Exchange Service sets up shop as roughly two-thirds of the Exchange's earnings are paid to morale, welfare and recreation programs.

Last year, Exchange operations generated \$242.6 million on behalf of programs such as youth services, Armed Forces Recreation Centers, arts and crafts, aquatic centers, golf courses and more.

If you find an item at a lower price [we match prices!](#)

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 801-777-5706.



Church Services at
Protestant Christian Worship
11 a.m. in the Chapel Annex,
Bldg. 445
Catholic Mass
8 and 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

LATEST INFORMATION ON THE 2012 NATIONAL DEFENSE AUTHORIZATION ACT

WASHINGTON – President Barack Obama signed the 2012 National Defense Authorization Act on Dec. 31 which contains a critical initiative to help control spiraling health-care costs within the Defense Department.

Section 701 limits annual TRICARE enrollment fee increases for retirees and their family members to an amount equal to the percentage by which retired pay increases that year. The act also contains critical initiatives to develop counterterrorism initiatives abroad, build the security capacity of key partners, modernize the force and boost the efficiency and effectiveness of military operations worldwide.

The NDAA also includes:

Section 347 requires DOD to finance an independent assessment of overseas troop basing, advising retention, closure, realignment or establishment of U.S. military facilities outside the United States “in light of potential fiscal constraints on [DOD] and emerging national security requirements in coming years.”

Section 402 reduces authorized Army minimum end strength from 562,000 to 547,000. The other services’ authorized minimum strengths are unchanged, with 325,700 for the Navy, 202,100 for the Marine Corps and 332,800 for the Air Force.

Section 512 of the act creates a new member of the Joint Chiefs of Staff, which currently includes the Army and Air Force chiefs of staff, the chief of naval operations and the Marine Corps commandant. The new member will be the chief of the National Guard Bureau, who will have responsibility for “addressing matters involving non-federalized National Guard forces in support of homeland defense and civil support missions.”

Section 526 extends voluntary separation pay and benefits authority, formerly set to expire Dec. 31, to the end of 2018. Section 530 converts the high-deployment allowance from mandatory to authorized. The allowance currently pays \$100 a day, in addition to all other pay and allowances, to a deployed service member who has been deployed 401 days or more out of the preceding 730 days.

Section 954 affirms that DOD “has the capability, and upon direction by the president may conduct offensive operations in cyberspace to defend our nation, allies and interests,” subject to the law of armed conflict and the War Powers Resolution.

For more retiree news and information, please visit www.retirees.af.mil [<http://www.retirees.af.mil>] .

This email was sent to retact@hill.af.mil by the United States Air Force · The Pentagon · Washington, DC
Powered by GovDelivery [<http://www.govdelivery.com/portals/powered-by>]



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”. Building 904 is where the terminal is located.

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 or <http://www.hill.af.mil/library/factsheets/factsheet.asp?id=13378>.

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

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

HAPPENINGS

Online

Volume 1, Issue 1

Mark your calendars for one of the best family events at Hill Air Force Base – Chill on the Hill. It's scheduled for Saturday, February 11 from 1-to-3 p.m. at the Hubbard Golf Course. There will be a plethora of events to delight the young, and the young at heart.

Planned for 2012 are lots of indoor and outdoor events. Dress the kids up in their snow coats and enjoy building a snowman, snow painting, snowshoe and cross-country skiing on the golf course, sled-ding, sipping steaming hot chocolate and toasting marshmallows. Inside there will be a variety of crafts, games, music, and a cake walk!

This event is open to anyone with base access and it's FREE. For additional information contact the 75th Force Support Squadron marketing office at 801-775-2084.

Digital photography classes and field trips, beginning woodworking and furniture making class, basic cartooning, and basic framing are just a few of the classes being offered in January at Arts & Crafts. You can also find classes on glass fusing, stained glass, mat cutting and more. Don't want to take a framing class? Have one of the designed trained artists do the framing for you. Read more...

Don't forget you can also schedule an oil change and vehicle inspection at the auto hobby shop. Lift time is also available. Call 801-777-3476 for all the details.

NAF Jobs, We Have a Job for You....

Join the team, <http://nafjobs.org>

Dear Readers –

As we welcome in a brand new year, we also welcome a new publication, Happenings Online! This new information piece is a blend, and like a fine wine it will continue to improve with time. It draws from the old flavors of our monthly Happenings E-Magazine and mixes it with the tasty news of the Warrior Weekly, creating a twice monthly information piece that will deliver the events and activities of the 75th Force Support Squadron to your electronic mailbox.

Happenings Online will replace the Warrior Weekly and Happenings E-Magazine. We hope you enjoy the new format and savor the informative stories. You will also find links to the dozens of events and activities 7th Force Support Squadron offers to the entire population of Hill Air Force Base.

We invite you to take a few moments to give us any feedback you would like. Click on the ICE icon and use the subject, Happenings Online. Cheers!

EFMP: Transition to Adulthood Workshop: Join us on Tuesday January 17 from 6:00 p.m. to 10:00 p.m. for a workshop on the transition into adulthood. This workshop will offer information about transitioning to life after school. It will also help parents understand the transition to adult life for children with developmental delays. It will prepare parents to participate in plan development implementation, as well as focus on issues and changing roles during this exciting and challenging time.

Phone 801-775-2084

Fax 801-775-2696

Email 75FSS.FSK@hill.af.mil

www.75thforcesupport.com

Volume 1, Issue

New operating hours in effect: Westside (Bldg. 1235) and Crosswinds (Bldg. 230) restaurants will have new hours. Westside will now be open Monday through Friday from 7:00 a.m. to 12:00 p.m. and will close on down Fridays, weekends and all holidays.

Crosswinds will be open Monday through Friday from 6 a.m.-to-12 p.m., closing at 10 a.m. on down Fridays. Crosswinds will be closed on weekends and holidays.

Check out Crosswind's Monday Breakfast Special featuring Pancake Delight for only \$4.75!

Child Development Center: Construction of new CDC is nearing completion: The CDC is looking forward to opening in early 2012 and increasing their ability to meet the child care needs of military and civilian families. Currently, the CDC is looking at placement of families on the waiting list as well as those who have not considered using the program until now.

Give Parents a Break: Jan. 21, 5 to 9 p.m.

Study Skills and Test Taking Seminar: Friday, Jan. 6 from 8 a.m.-to-12 p.m. in Bldg. 383 (Room 112). This seminar will help you understand your learning type and associated deficiencies that may cause problems such as test anxiety and poor study habits. The class is open to all and the information is especially helpful for anyone preparing for CDC exams, and college level testing. Call 801-777-6383 or read more...

Get your Skis and Boards at ODR: Rent a top of the line pair of skis for only \$36 per day! Outdoor Recreation's wide variety of ski and board rentals includes; Scott, Nordica, and Rossignol. Both mountain and powder specific skis are available. Men's and women's ski packages prices are offered as low as \$20 per day! Check out the great list of skis Outdoor Recreation has to offer.

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Visit ITT for discounted resort, travel, and adventure tickets!

Ogden Resorts:

Resort ITT Rate Resort Rate

Snowbasin, \$64 ■ \$72

Powder Mountain, \$52 ■ \$60

Salt Lake City Resorts:

Snowbird Chair, \$63 ■ \$72

Snowbird Tram/Chair, \$69 ■ \$78

Alta, \$66 ■ \$72

Brighton Day, \$55 ■ \$62

Brighton Night, \$29

Solitude Weekday, \$57 ■ \$68

Solitude Weekend, \$61 ■ \$68

Park City Resorts:

Canyons Adults, \$68 ■ \$96

Canyons Child/Senior, \$46 ■ \$57

Park City: \$73 ■ \$96

Deer Valley: \$72 ■ \$96

Lagoon Season Passes: \$94.50

Anniversary Inn Vouchers:

\$147 valid Sunday through Thursday

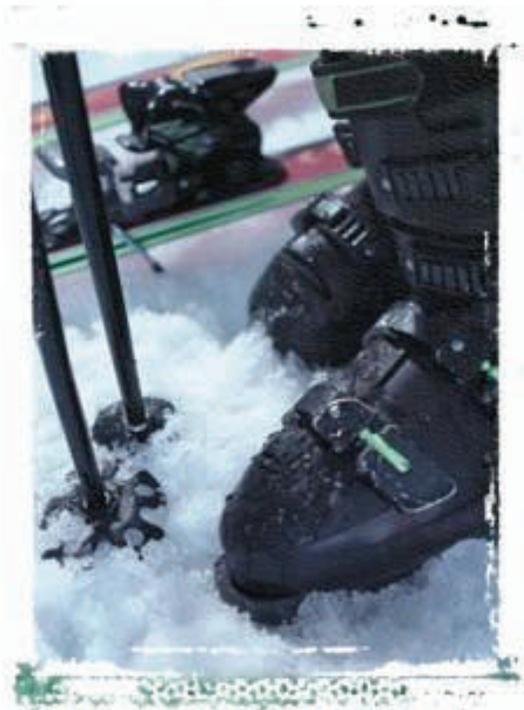
Happenings Online

Space A Lodging: Space A reservations are taken throughout the year in accordance with guest occupancy. A great way to save money if you have friends or family visiting.

New Year's Resolutions: Be prepared to get in shape and fulfill your New Year's resolution with the Warrior Fitness Center's wide variety of classes. Get moving with the ever popular Zumba class that is offered on Tuesdays and Thursdays from 10-to-11 a.m. and sculpt your body with Power Sculpt offered Mondays and Wednesdays from 4- to-5 p.m. Check out the Warrior Fitness Center's classes and events for January 2012 and start training now for the Sweetheart Run.

Winter Golf Practice: Don't let your golf game go south in the winter! Check out the Dead Solid Golf Simulator offering swing analysis, digital video, and 18 hole championship courses. Schedule a session today, call 801-777-3272. Fee is \$20 per hour for 1-4 players.

Discount Prices at the Pro Shop: Sales on select merchandise all winter:



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- 30% off all golf shirts. Buy 2 or more and receive 40% off each.
- Select shoes marked down 10-20%
- Select bags marked down 10-30%

Receive instant rebate of \$50 off select iron sets and drivers. \$25 off select fairway woods, hybrids, putters, and wedges.

Youth Center

Youth Programs is packed with lots of fun for the youth in the family. You can find all the de-tails on the website, but here is a sample:

- Torch Club (9-12) and Key-stone Club (13-18)
- Fit Factor: Bodies in Motion
- Open Recreation, baseball registration begins Jan. 30

Membership is \$36 per year. Call 777-2419 or visit the webpage.



Club Hill

Club Crud Tournament: Got game? Let's see what you've got! Sign up your team today and get practicing every Friday night between 5 to 10 p.m.

Member Appreciation: Mark your calendar for Jan. 25 and come in for a FREE dinner for members, spouses and children. Lasagna is on the menu! Non-member pay \$8 for adults and \$5.50 for children under 12.



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Story Hour for Preschoolers: Bring your preschoolers on Wednesdays at 2:00 p.m. for a free program that helps to develop literacy. Be an active participant alongside your children and help them develop a life-long love of reading and libraries.

Beginning in January, Family Child Care will be having a pre-orientation for any-one seeking more information on becoming a new FCC provider. The orientation is scheduled for the first Wednesday of every month from 6:30 p.m. to 7:30 p.m. in the FCC office in Building 460.

Happenings Highlights

Baseball Registration

Begins Jan. 30

Youth Programs

777-2419

Wine Tasting

February 9

The Landing Sports Grill

777-3841

NFL Championship Game

Feb. 5

The Landing Sports Grill

777-3841

Sweetheart 5K

Feb. 15

Warrior Fitness Center

777-2762

DIRECTORY

Airman & Family Readiness Center

5837 D Avenue, Bldg. 150
777-4681

Arts & Crafts Center

7288 Balmer Street, Bldg. 385
586-0567

Base Restaurants

Best Burger/5 Star

7879 Wardleigh Road, Bldg. 849
777-6219

Crosswinds

7277 4th Street, Bldg. 230
777-2043

Gears & Grub

*Accessible by line badge only
5760 South Gate Ave., Bldg. 507
586-9317

Westside

1235 F Street, Bldg. 1235
777-8161

Papo Cafe

7879 Wardleigh Road, Bldg. 891
777-6219

Bowling Center

5746 D Avenue, Bldg. 525
777-6565

Child Development Center

5708 Mitchell Lane, Bldg. 470
777-6321

Education & Training

7290 Weiner Street, Bldg. 383
777-3664

Enlisted Dining

Hillcrest

5757 D Avenue Bldg. 519
777-3428

Fast Eddie's

7474 Canberra Street Bldg. 45
777-1010

Family Child Care

5713 E Avenue, Bldg. 460
777-0695

Fitness Centers

Warrior Fitness Center

7250 Balmer Street, Bldg. 533
777-2762

Westside Fitness

6036 Cedar Lane, Bldg. 1277

Golf Course

7005 Golf Course Drive, Bldg. 720
777-3272

Honor Guard

7461 Wardleigh Road, Bldg. 402
777-3967

Information, Tickets & Travel

7526 Balmer Street, Bldg. 805
777-3525

The Landing

formerly Club Hill

7420 Miller Street, Bldg. 450
777-3841

Library

7415 Weiner Street, Bldg. 440
777-2533

Lodging

5847 D Avenue, Bldg. 146
777-0801

Utah Test & Training Range

Lodging
777-1553

Outdoor Recreation

7526 Balmer Street, Bldg. 805
777-9666

Youth Center

7712 6th Street, Bldg. 883
777-2419

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](#)

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](#)
[National Military Family Association](#)
[Naval Sea Cadet Corps](#)
[Operation Homefront](#)
[Red Cross Emergency Service](#)
[Sentinels of Freedom](#)
[Sons of the American Legion](#)

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.