

RETIREE ACTIVITIES OFFICE



ON THE RADAR

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RETIREE APPRECIATION DAY

A DAY OF HONOR,
CONNECTION AND
GRATITUDE



Saturday, September 20, 2025, 10 am - 2 pm
The Landing, 740 Miller Street, Bldg. 450
Hill Air Force Base, UT

Resource & information booths | Inspiring speakers
Local food trucks | Special presentation of the Utah Cold War Medal

Don't miss this special day dedicated to honoring your service and connecting you with valuable resources. Questions? Call 801.777.5735

AUGUST CALENDAR OF EVENTS

Please call 801.777.5735 to register for classes and activities

Bowling for Fun Group - every Tuesday, 1330

August 5, 12, 19, 26, Base Bowling Center

Build a Binder Class - August 8, Friday, 1030

Make it easy for your spouse/executor to know who to contact & what steps to take by organizing all of your important documents/info in one place. Held in the Retiree Activities Office, Bldg. 430, room 134.

Unsung Heroes Book Discussion Group - August 14

2nd Thursday of the month, 1300, Bldg. 430, Room 134. Book: "The Women" by Kristin Hannah. A historical fiction about nurses serving in the Vietnam War, returning home to an ungrateful nation.



Follow 75th Marketing on Facebook:
<https://www.facebook.com/HillFSS/> for more great base events. (Page name: Hill FSS)



Hill Aerospace Museum

Did you know that the Hill Aerospace Museum is the largest and busiest Air Force Field Museum in the western U.S.? Since 1981 it has evolved into a world-renowned institution that boasts three galleries, 80+ military aircraft and receives 350k+ visitors a year!

The museum also includes the original Hill Field chapel and is open to the public for community gatherings, reflection and education.

The Museum showcases a wide range of aircraft, munitions, vehicles, uniforms, and artifacts that highlight Hill AFB and Utah aviation history.

Open Aircraft Day, a free event, will be held Saturday, September 20, 9 am - 4 pm. Join us after attending the Retiree Appreciation Day!

Volunteer at the Museum!

Volunteers are always needed—no experience required! Most serve one 4-hour shift per week (morning or afternoon, Tuesday–Saturday), but flexible schedules are welcome.

To volunteer, call Phil Butler at 801-777-2468 or apply here: <https://www.aerospaceutah.org>.

BENEFITS BRIEFING



At Home Wellness, Reimagined!

VeteransFirst Program by Sofia Health

The Department of Veterans Affairs, partnering with Sofia Health, is offering eligible veterans and VA staff members a **free** membership to an online wellness program, VeteransFirst (value \$240).

You can choose any of the 20 - 30 minute online yoga, meditation, wellness, Tai Chi, fitness, Pilates and Chi Gong classes offered throughout the month, multiple times/day. The instructors are top-notch, aware of and sensitive to the special concerns for veterans. To register for this program visit their website: <https://www.veteransfirst.sofiahealth.com>. Once the VA has confirmed your eligibility you'll be able to sign up for classes.

Medicare Thoughts

Are you approaching age 65? Unlock your health benefits by signing up for Medicare as soon as you are eligible.

Medicare Part A and Part B are required to remain eligible for **Tricare For Life**, with limited exceptions.

Knowing how and when to sign up for Medicare will help you avoid gaps in coverage and late enrollment fees. Go to the Medicare website, <https://www.medicare.gov>, for information on coverage and requirements.

Moving Overseas? Tricare Has You Covered

Have you seen the Tricare notice explaining retired military members and their families are covered overseas with TRICARE SELECT OVERSEAS:

- **Tricare for Life:** for beneficiaries who have Medicare Part A and Part B.
- **Tricare Young Adult:** for qualified adult children who have aged out of Tricare.
- **Tricare Retired Reserve:** for retired Reserve member and their family members.

Visit **Tricare**, <https://tricare.mil>, to learn how to change your enrollment and how Tricare differs when moving overseas.

HISTORICAL CORNER



The Iconic M1 Combat Helmet

by Sam Stubbs

When the U.S. entered WWI, troops had no combat helmets and were issued British MK1s or French M15s.

After the war, the Army adopted the MK1 as the M1917A1 "Kelly" helmet - widely seen during Pearl Harbor and Wake Island. However, designed for trench warfare, it lacked lateral protection.

In 1940, with war looming, the Army tested new designs and developed the TS-3 prototype. Made of Hatfield steel, it featured a dome shape, visor, chin/nape straps, and an interior suspension system. It could even stop a .45 ACP round at close range.

Approved in 1941, the M1 helmet entered mass production - with over 22 million made by 1945. Worn by all branches, studies showed 54% of hits didn't penetrate, and the M1 likely saved more than 70,000 lives in WWII.

Standard until the mid-1980s, the M1 was eventually replaced by the Kevlar PASGT helmet still in use today.

WWII M1 Helmet: 11" x 7" x 8", 3 lbs (with liner)

FROM RAO HQ

Retirement Activities Director/Newsletter editor:

Christine Monroe

RAO volunteers: Dan Rutledge, Sam Stubbs, Jennifer Stubbs, Marliss Scott, Anne Hunsinger, Sandra Hubbard, Barbara Godsey, Sharon Dominguez, Ebbie Russett, Ron Russett

Office hours: Monday - Friday, 1000 - 1400

In addition to this newsletter, we offer outreach briefings in the community. Stop by the office or give us a call. We have lots of info and can help you locate service providers in several arenas.

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