

## RETIREE ACTIVITIES OFFICE



## ON THE RADAR

7437 6<sup>th</sup> St., Bldg. 430, Room 134, Hill AFB, UT 84056 | 801.777.5735 | hillrao@gmail.com

## OCTOBER CALENDAR OF EVENTS

**NOTE: Please call 801.777.5735 to register for classes and activities:**

**Build a Binder Class - October 10, Friday, 1030**

Held 2<sup>nd</sup> Friday/month. Make things easier for your loved ones by keeping all your important info in one place. Join us at the Retiree Activities Office, Bldg. 430, room 134.



**Social Security 101 - October 17, Friday, 1100 - 1200**

Held 3<sup>rd</sup> Friday/month - limited space available. Call above number to reserve a seat or request a Zoom link to attend virtually.



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

**Ask to be added to their distribution list at** [75FSS.FSK.Marketing@us.af.mil](mailto:75FSS.FSK.Marketing@us.af.mil)



**A BIG  
thank you!**

...to all those who participated in the **2025 Retiree Appreciation Day** on September 20<sup>th</sup>. We had wonderful support from the 35 non-profit agencies that came out to answer military retiree questions, and offer immunizations and referrals.

In partnership with the Utah Cold War Victory Medal Foundation we hosted a medal presentation to honor 55 veterans and their families.



**Trail Tuesday and America 250:  
Celebrate the Journey**

In a year-long commemoration of the nation's 250<sup>th</sup> anniversary, Utah State Parks is partnering with America 250 Utah for the Walk 250 campaign, a statewide challenge inviting you to walk, bike, hike or paddle 250 miles over the course of a year - and there's no better place to do so than at a Utah State Park!

The Utah Division of State Parks is highlighting some of their favorite trails throughout Utah's state parks on social media. Whether you're looking for a short scenic loop or a full-day hike, you'll find plenty of inspiration to help you reach your 250-mile goal.

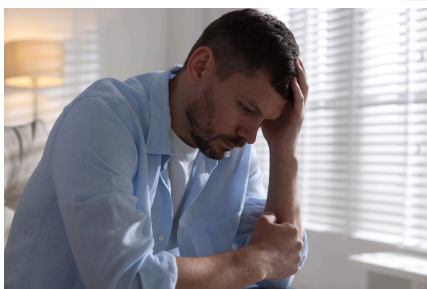
For a new trail to explore every other week, follow Utah State Parks on Facebook at <https://www.facebook.com/utahstateparks>, and on Instagram at <https://www.instagram.com/utstateparks?igsh=MTZpeWxoMjQyOHjtMQ==>

Check out their fall magic event recommendations for October, including fall colors, full moon walks, star parties, and dives into haunted history on ranger-led ghosly adventures! For event info visit <https://stateparks.utah.gov/calendar/>

---

## BENEFITS BRIEFING

---



### TRICARE-covered Mental Health Services

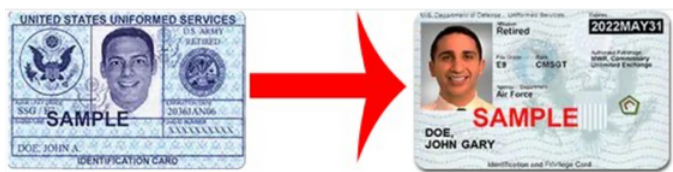
TRICARE covers a range of mental health services—outpatient, inpatient, emergency, non-emergency, and substance use disorder treatment.\*

Some services, like marriage counseling, may only be covered in certain cases, but free options are also available through Military OneSource and Military Family Life Counselors (MFLCs).

If you or a family member need help, don't wait—early care makes a difference for adults, youth, and children. You can also access short-term support through Military OneSource or your TRICARE plan.

For updates, sign up for TRICARE Subscriptions to get the latest benefit news by email:  
[https://t1.news.dha.mil/lp?DHA\\_TRICARE\\_NEWS\\_SUB](https://t1.news.dha.mil/lp?DHA_TRICARE_NEWS_SUB)

\*For more information you can check out the Mental Health and Substance Use Disorder Fact Sheet at  
[https://tricare.mil/Publications/Fact-Sheets/mental\\_health\\_substance](https://tricare.mil/Publications/Fact-Sheets/mental_health_substance).



### New Generation ID Cards Required

**Deadline December 6, 2025**

Beginning in 2026, ID cards of all colors (**except** the new white ones) will no longer be accepted, **regardless of the printed expiration date.**

In order to maintain base access, military members and your dependents must visit your nearest DEERS/ID card office to obtain a new ID. You can make an appointment by visiting the RAPIDS ID Card site online:  
<https://idco.dmdc.osd.mil/idco>. You must bring a valid military ID card, and take TWO forms of ID with you to your appointment: drivers license, birth certificate, or passport.

As an alternative for dependent ID cards, in most cases, the sponsor can request a dependent's new card through the RAPIDS ID Card site listed above.

---

## HISTORICAL CORNER

---



### U.S. Merchant Marine

by Sam Stubbs

When I think of the Merchant Marine (USMM) I picture sailors manning an old WWII Liberty ship, chugging along at 11 knots, on the look out for U-Boats.

Boy, times have changed! The Spearhead-Class Expeditionary Fast Transports (EPF) will go 43-45 Knots (51mph)! Compare that to the speedy PT boats of WWII which maxed out at 41 knots.

These massive aluminum catamarans can swiftly transport an entire U.S. Army or Marine company—vehicles, gear, and all—inside a 20,000-square-foot cargo hold.

Crewed by 41 USMM an EPF has a HELO deck, a 100-ton folding load ramp, and a crane to debark/load special ops craft at the stern. Three are currently being built as Expeditionary Medical Ships with four operating rooms, trauma care, a pharmacy, blood-bank, 124 medical beds, and a laboratory to support missions.

With a 15 foot shallow draft (full load), EPFs can get close to shore-based operations and cover 1,200 miles in a day. They can carry up to 312 troops. Though operated by USMM, they fall under the U.S. Sealift Command.

---

## FROM RAO HQ

---

### Retirement Activities Director/Newsletter editor:

Christine Monroe

**RAO volunteers:** Dan Rutledge, Sam Stubbs, Jennifer Stubbs, Marliiss Scott, Anne Hunsinger, Sandra Hubbard, Ron Hubbard, Barbara Godsey, Sharon Dominguez, Ebbie Russett, Ron Russett, Matthew Monroe-Jimenez, Ed Anderson, Brian McCelland

### 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.

---

THE INFORMATION PROVIDED IS FOR INFORMATIONAL PURPOSES ONLY. IT DOES NOT CONSTITUTE AN ENDORSEMENT, IMPLIED OR OTHERWISE, BY THE DEPARTMENT OF DEFENSE OR ANY OF ITS COMPONENTS.