



JEFFERSON BARRACKS SATELLITE RETIREE ACTIVITIES OFFICE NEWSWIRE December 2009

The staff of the Jefferson Barracks Satellite Retiree Activities Office publishes this NEWSWIRE. This publication is designed to directly inform all military retirees, spouses, widows, widowers and their families of changes to their benefits, the status of current legislation impacting their retirement, health related information and of activities at Scott AFB and Jefferson Barracks AFS.

SCHEDULE OF EVENTS FOR DECEMBER

7 December Monday--- Pearl Harbor Day Remembrance breakfast to be held at the Denny's Restaurant at 0800 Hours in Arnold, MO.

10 December Thursday—1300 Hours, Scott RAO monthly council meeting: Located at 215 Heritage Drive, Building P-10, Room A-209. The meeting includes reports from committee chairmen and other directors generally related to Scott AFB activities and services. Updated reports from the Lambert/ St. Louis RAO and the Jefferson Barracks Satellite Retiree Activities Office (JBSRAO) are part of the meeting agenda.

Important Notice: The JB Retiree Activities Office will be closed on 22 December and will re-open on 5 January 2010.

From The Directors Desk:

We are now entering 10 years of providing and organizing an information program for our retirees, widows and service personnel from all branches of the Military Services who are part of the Jefferson Barracks Community.

It has been a pleasure for me to serve and now to express my thanks and appreciation to those volunteers for honoring our motto "STILL SERVING". It is for you, the United Air Force Retirees and Widows that we continue our service by helping those who need assistance, from time to time, with understanding the veteran's benefits and at critical times providing Casualty Assistance.

To you who served and your families, from the JBSRAO Staff we continue to pledge our support with up to date information and listening ears when needed.

"Merry Christmas to All and a Most Happy and Prosperous New Year."

Gerald B Hansen, CMSGT, USAF, (Ret)



Jefferson Barracks Community Council

The decisions of the Base Realignment and Closure Commission in 2005 led to a serious need to preserve the future of Jefferson Barracks and the Air National Guard as a vital part of that future. With a view toward the positive effect of the Community Councils at Whiteman and Scott AFBs, leadership proposed development of a Council at JB. Congressman Russ Carnahan, MGen King Sidwell, and Col Dave Newman convened community leaders and through meetings with all concerned with historic Jefferson Barracks formed a JB Community Council. The mission statement and bylaws were adopted in September of 2007.

Since then there have been regular meetings of the JB Council on the second Friday of the odd numbered months at 10:00 AM in the morning. Meetings are usually held in the dining hall on base (Bldg 37). Attendance is open to anyone interested in the future of JB. Participants not only include the National Guard, but also the VA hospital, the National Cemetery, the County Parks, Chambers of Commerce, business leaders, military and retiree associations, museum groups, and many interested neighbors. Meetings are conducted in a Town Hall style and the agenda is always open.

The mission of the JB Council is to “protect, preserve, and promote the heritage of Jefferson Barracks. This heritage includes the historic buildings and the integrity of the landscape, the St. Louis County Parks, the National Cemetery, the VA Medical Center, the National Guard installation, and complementary present and future facilities.” We always invite all to come and learn about our community efforts. You will be surprised at all that is happening in the Historic Jefferson Barracks. If you would like news of the JBCC meetings send your email address to Art Schuermann (JBCC President) at: Arthur.Schuermann@ang.af.mil.

DD 214's now available on line

The National Personnel Records Center (NPRC) has provided the following website for veterans to gain access to their DD-214's online: <http://vetrecs.archives.gov/> This may be particularly helpful when a veteran needs a copy of his DD-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. Military veterans and the next of kin of deceased former military members may now use a new on-line military personnel records system to request documents.

Other individuals with a need for documents must still complete the Standard Form 180, which can be downloaded from the on-line web site. Because the requester will be asked to supply all information essential for NPRC to process the request, delays that normally occur when NPRC has to ask veterans for additional information will be minimized.

The new web-based application was designed to provide better service on these requests by eliminating the records center's mailroom and processing time. Please pass this information on to former military personnel you may know and their dependents.

VA Launches New Website

Source: NAUS Weekly Update

VA recently launched a big website renovation project that will better serve our nation's veterans. The conversion began on Nov.8, and was completed by Veterans Day, Nov. 11. VA asks visitors to the website to understand that as the new design is implemented across more than 500 VA websites there may be minor errors on some of the 80,000 pages. VA will monitor its web pages after the conversion and make appropriate corrections. [Check out more information on the changes.](#)

NAUS Note: We recently checked out the new VA site and found it much easier to understand and to find information. Have a look at the [new website](#) and let us know your views. <http://www.va.gov/>

Military Beneficiaries, Vets Shielded From Health Reform

Source: Tom Philpott – Military.Com November 25, 2009

The national health reform bill passed by the House last month and the Senate version to be debated in early December pose no threat to current health care benefits provided to military families, retirees or veterans, say advocates for these beneficiaries as well as congressional committee staffs.

The House-passed Affordable Health Care for America Act ([HR 3962](#)) states in Section 311 that "nothing" in the bill "shall be construed as affecting" authorities used by the departments of Defense and Veterans Affairs to provide TRICARE programs or VA health care benefits.

The Military Officers Association of America (MOAA), the Fleet Reserve Association of America, the American Legion and other veterans' service organizations have studied the legislative language of both bills. Their own reviews, and assurances they've received from relevant committees, give them confidence that the bills won't impact benefits or fees charged by TRICARE or VA, nor will these beneficiaries be exposed to any new tax liabilities.

"We have not talked to anybody – Republican, Democrat, anyone in the [Obama] administration or serving in Congress -- who is trying to do anything to affect military people" as part of national health reform legislation, said Steve Strobbridge, MOAA's director of government relations. "They all are trying to hold military beneficiaries harmless."

Steve Robertson, legislative director for the American Legion, said he has assurances from the armed services committees, veterans' affairs committees and congressional leaders including House Speaker Nancy Pelosi that health reform will not impact TRICARE programs or VA health care.

"My comfort level is pretty high," Robertson said.

Confusing the issue for many beneficiaries has been an e-mail being passed among military retirees that warns falsely that the Congressional Budget Office has drafted legislation to attach new fees to TRICARE for Life; the prized insurance supplement relied on by Medicare-eligible retirees.

The e-mail is filled with misinformation. CBO has no authority to draft legislation. CBO did release a report last December presenting options for holding down federal health care costs; a few of those options would raise fees on military retirees and veterans. But neither the Obama administration nor any members of Congress have embraced any of these ideas.

"Everyday I get to answer e-mails from people who are still telling me that this 'CBO legislation' is moving through rapidly," said Robertson.

Dec. 1 Golden Anniversary of Chief Master Sergeant Rank

Source: Bryan D. Carnes Air Force Materiel Command Public Affairs

Chief master sergeants weren't a part of the Air Force's enlisted structure when the service was formed in 1947. In fact, it took 11 years after the fact until the rank even existed.

This year marks the 50th anniversary of the establishment by Air Force officials of the rank of chief master sergeant, adding another important chapter to the Air Force's enlisted heritage.

The need to create the chief master sergeant rank was forged from the technology that World War II produced. In the attempt to end the war as quickly as possible, officials in the U.S., along with those of other countries, dedicated teams of scientist and engineers to create the most advanced war-winning capabilities possible.

While the U.S. military was fighting the war in Africa, Europe and Asia, U.S. researchers were producing the most advanced technology ever seen. The emergence of faster aircraft, bombers, advanced electronics; radar

systems and missiles were on the rise.

With the growth of aviation during the war, President Harry S. Truman signed the National Security Act of 1947 creating the U.S. Air Force. It was on Sept. 18, 1947, that the Air Force became a separate entity, which "shall include aviation forces both combat and service not otherwise assigned."

It was not until after the Korean War, however, those Air Force officials realized that the enlisted corps suffered from stagnation in rank. Master sergeant (E-7) was the highest enlisted rank a person could achieve. It was then that Congress enacted the Career Compensation Act of 1958.

The act allowed Air Force officials to create two new ranks, senior master sergeant (E-8) and chief master sergeant (E-9). Air Force personnel officials conducted an in-depth study of all Air Force specialty codes and organized the career fields into highly technical, technical and non-technical fields.

It was decided that 1 percent of the master sergeants from the highly technical fields would be promoted to chief master sergeant. This is still true today, as only 1 percent of the enlisted force at any given time reach the rank of chief master sergeant.

There were 58,000 master sergeants, which qualified for promotion to either of the two grades. A promotion board was held to review records and look for demonstrated leadership and supervisory skills, evaluations and commander recommendations. Six hundred and twenty-five Airmen were selected to the rank chief master sergeant. Since there were no line numbers at the time, they all were promoted on the same day, Dec. 1, 1959, becoming the Air Force's charter chiefs.

The rank has flourished since 1959, earning the respect of all other services and ranks. During the 1970s, Air Staff officials made "chief" the official term of address for an E-9.

One of the original charter chiefs, retired Chief Master Sgt. James J. Flaschenriem,

The Top 5 Cholesterol Myths

By Ray Hainer, Health.com

Even if you think you know everything there is to know about cholesterol, there may be a few more surprises in store. Check out these common myths about high cholesterol; find out who's most likely to have it, what types of food can cause it, and why—sometimes—cholesterol isn't a bad word.

Myth 1: Americans have the highest cholesterol in the world

One of the world's enduring stereotypes is the fat American with cholesterol-clogged arteries who is a Big Mac or two away from a heart attack. As a nation, we could certainly use some slimming down, but when it comes to cholesterol levels we are solidly middle-of-the-road.

According to 2005 World Health Organization statistics, American men rank 83rd in the world in average total cholesterol, and American women rank 81st; in both cases, the average number is 197 mg/dL, just below the Borderline-High Risk category. That is very respectable compared to the top-ranked countries: In Colombia the average cholesterol among men is a dangerous 244, while the women in Israel, Libya, Norway, and Uruguay are locked in a four-way tie at 232.

Myth 2: Eggs are evil

It's true that eggs have a lot of dietary cholesterol—upwards of 200 mg, which is more than two-thirds of the American Heart Association's recommended limit of 300 mg a day. But dietary cholesterol isn't nearly as dangerous as was once thought. Only some of the cholesterol in food ends up as cholesterol in your bloodstream, and if your dietary cholesterol intake rises, your body compensates by producing less cholesterol of its own.

While you don't want to overdo it, eating an egg or two a few times a week isn't dangerous. In fact, eggs are an excellent source of protein and contain unsaturated fat, a so-called good fat.

Myth 3: Kids can't have high cholesterol

Most people think high cholesterol is a problem that's strictly for the middle-aged. But guess what? Research has shown that atherosclerosis—the narrowing of the arteries that leads to heart attacks—can start as early as age eight. In July 2008, the American Academy of Pediatrics released guidelines on kids and cholesterol that recommended that children who are overweight, have hypertension, or have a family history of heart disease have their cholesterol tested as young as two years of age.

Children with high cholesterol should be on a diet that restricts saturated fat to 7% of calories and no more than 200 mg per day of dietary cholesterol, according to the guidelines. Fiber supplements and more exercise are also recommended.

While the guidelines prompted a bit of an outcry from parents worried that doctors would be pushing cholesterol-lowering drugs for kids, a new study suggests that less than 1% of adolescents aged 12 to 17 would be considered candidates for medication.

Myth 4: Food is heart-healthy if it says "0 mg cholesterol"

The Cholesterol portion of the nutritional label refers to dietary cholesterol, which is only one of the things found in food that can cause your cholesterol to go sky-high. (A bigger contributor to elevated cholesterol? A high-fat diet.) It's also believed to be the least important. Saturated fat (found in animal foods and dairy products) and trans fats (found in packaged foods) appear to have a far greater impact on low-density lipoprotein (LDL), the so-called bad cholesterol that causes atherosclerosis, than dietary cholesterol.

Myth 5: Cholesterol is always a bad thing

When most people hear "cholesterol" they think "bad." Like most things in life, the reality is more complex. High cholesterol can be dangerous, but cholesterol itself is essential to various bodily processes, from insulating nerve cells in the brain to providing structure for cell membranes. That's why your body makes the white, waxy substance (about 75% of the cholesterol in your blood is made by the liver and cells elsewhere in your body).

The role of cholesterol in heart disease is often misunderstood. Cholesterol is carried through the bloodstream by low-density and high-density lipoproteins (LDL and HDL). LDL, known as bad cholesterol, and not the cholesterol it carries per se, is responsible for atherosclerosis.

"Freedom is never more than one generation away from extinction. We didn't pass it on to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same, or one day we will spend our sunset years telling our children and our children's children what it was once like in the United States where men were free."

--Ronald Reagan

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STILL SERVING

73, Jerry

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**Office hours are 0900 to 1200 hours Tuesday and Thursday.
On the 2nd and 3rd Thursdays the office will be closed at
1100 Hrs for the staff to attend Scott Retiree Council meeting
and monthly luncheon.**

Office Hours are 0900-1500 Hrs Monday - Friday

NEWSWIRE DECEMBER 2009

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