



## **JEFFERSON BARRACKS SATELLITE RETIREE ACTIVITIES OFFICE NEWSWIRE October 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 OCTOBER**

**8 October 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.

Monthly luncheon --- There will be no monthly luncheon scheduled for October.

### **ID Cards at Jefferson Barracks**

The 157 AOG at Jefferson Barracks now has the facility to issue ID cards. This is great news for those of us who live in south city or county. No longer will it be necessary for us to make the trip to Lambert or Scott to get our ID Cards renewed or new cards for those entering the USAF retired status (age 60).

The location is in Building 1, Room 119 (314) 527-8644.

The following are the hours of operation and they will be strictly adhered to:

Monday	0900-1200 Hours
Wednesday	1200-1500 Hours
Friday	0900-1200 Hours

It is advisable that you call before you make the trip.

## **Preventive Care Provision Implemented**

*Source: National Association for Uniformed Services Update*

Effective Sept. 1, 2009, there are no authorizations, cost-shares, co-payments or deductibles required for eligible TRICARE Standard, TRICARE Extra and TRICARE Reserve Select beneficiaries to receive the following preventive services:

- ❑ Routine immunizations
- ❑ Well-child visits for children younger than six
- ❑ Colon cancer screening
- ❑ Breast cancer screening
- ❑ Cervical cancer screening
- ❑ Prostate cancer screening

When you obtain these services from a network provider or a TRICARE participating non-network provider, you are not responsible for any portion of the cost of service, even if you have not met your yearly deductible. They are made available to you and your eligible family members at no additional cost.

These changes were generated by a NAUS-endorsed provision in the National Defense Authorization Act of 2009 that made the free coverage retroactive to Oct. 14, 2008. Beneficiaries who were charged a co-payment or deductible for any of these services since that time may now file a claim for reimbursement through their TRICARE contractor.

Criteria such as age, frequency of care and family history will have to be met in order to waive charges and preventive services not listed above are still subject to normal cost shares and deductibles. Click [here](#) for more information.

## **Scam Targets**

*Source: Military Officers Association of America Legislative Update*

The VA reports that a reprehensible scam is targeting veterans. Scammers are calling VA beneficiaries under the guise of a phony "Patient Care Group". The caller claims that VA prescriptions are being administered by this company.

The scammers ask for personal information, including credit card information, claiming that this is necessary for the beneficiary to keep receiving prescriptions through the VA.

**This is completely bogus.**

The VA does not call vets and ask them to disclose personal information over the phone, and the VA hasn't changed any prescription dispensing rules.

Be safe. Never give out personal information to any unsolicited phone caller.

## **2010 U.S. Census Cautions to Avoid Fraud or Identity Theft**

*Source: Better Business Bureau*

With the U.S. Census process beginning, the Better Business Bureau (BBB) advises people to be cooperative, but cautious, so as not to become a victim of fraud or identity theft. The first phase of the 2010 U.S. Census is

under way as workers have begun verifying the addresses of households across the country. Eventually, more than 140,000 U.S. Census workers will count every person in the United States and will gather information about every person living at each address including name, age, gender, race, and other relevant data. The big question is - how do you tell the difference between a U.S. Census worker and a con artist? BBB offers the following advice:

If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don't know into your home. Census workers are currently only knocking on doors to verify address information.

Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census. While the Census Bureau might ask for basic financial information, such as a salary range, it will not ask for Social Security, bank account, or credit card numbers nor will employees solicit donations.

They will not contact you by Email, so be on the lookout for Email scams impersonating the Census. Never click on a link or open any attachments in an Email that are supposedly from the U.S. Census Bureau. For more advice on avoiding identity theft and fraud, visit [www.bbb.org](http://www.bbb.org) <<http://www.bbb.org/>>

## **Air Force Chief Calls for Collaboration Between Guard, Active Duty**

by Tech. Sgt. Nick Choy  
National Guard Bureau

Citing evolving missions and shrinking budgets, the Air Force chief of staff called for the Air National Guard and active duty forces to work closer together.

"The skill-set of National Guard members is critical to sustaining worldwide partnerships," said Gen. Norton Schwartz during his speech at the 131st annual National Guard Association of the United States General Conference meeting here Sept. 12. "We stand to succeed across all areas of our total force mission, but we face numerous challenges."

He said the total Air Force structure is evolving along with the demands being placed on the force by the Defense Department.

"We need to adapt to this change," he said.

General Schwartz said the Air Force's most pressing priority is the acquisition of new refueling tanker aircraft. He echoed Secretary of the Air Force Mike Donley's speech at the conference the day before, citing a robust request for a proposal, which is due out to contractors later this year, with a final contract awarded in late 2010.

"You all have a considerable investment in the new tanker," General Schwartz told the audience.

"The second priority is our fighter aircraft," he said. "Why would I want to dissipate a limited pool of resources on a 4.5 generation fighter, when I can purchase a fifth generation platform?"

He said it would be a "major mistake as a nation" to spend money on upgrading the existing Air Force inventory, and "prematurely walk away from the F-35" Lightning II Joint Strike Fighter.

"I think this is the wrong approach," he said.

General Schwartz said he believes the F-22 Raptor is "over-spec'd" for the Air Force's air sovereignty alert mission, but he hopes to bring a combination of F-22, F-35, legacy aircraft, including upgraded F-15 Eagles and F-16 Fighting Falcons, and unmanned aircraft to the ASA mission.

"We must recognize that the total Air Force is evolving," he said. "As I said before, we need to adapt, but adaptation also applies to a concurrent and proportional rollout in terms of F-35 procurement."

General Schwartz warned that while distribution of any new platform concurrently among active duty Air Force, Air National Guard and Air Force Reserve units is important, the changing role of the Air Force means not all units will retain their present missions. Units may migrate to an unmanned flying mission or even a non-flying mission.

"We need to be equally prepared to do those missions too," he said.

The third priority for the Air Force is its long-range strike capability, General Schwartz said.

"I think our country needs a penetrating air capability," he said. "We cannot depend exclusively on 'fire and forget' ballistic missiles.

"And as you know," he continued, citing the B-2 Spirit bomber mission at Whiteman Air Force Base, Mo., "[The Air Force] has a significant partnership in long-range strike capability with the (Air) Guard and Reserve."

General Schwartz reminded the group of ceremonies commemorating the eighth anniversary of the 9/11 terrorist attacks, calling them "a sobering reminder of the unfamiliar political and military landscape Americans now face."

"Now, more than ever, we must be vigilant in our efforts to provide for the common defense of our nation," he said.

## **Attorneys ADVICE - NO CHARGE**

Not A Joke!! Even If you dislike attorneys..... You will love them for these tips.

Read this and make a copy for your files in case you need to refer to it someday. A corporate attorney sent the following out to the employees in his company. Maybe we should all take some of his advice!

1. Do not sign the back of your credit cards. Instead, put 'PHOTO ID REQUIRED.'
2. When you are writing checks to pay on your credit card accounts, DO NOT put the complete account number on the 'For' line. Instead, just put the last four numbers.  
The credit card company knows the rest of the number, and anyone who might be handling your check as it passes through all the check processing channels won't have access to it.
3. Put your work phone # on your checks instead of your home phone. If you have a P.O. Box use that instead of your home address. If you do not have a P.O. Box, use your work address. Never have your SS# printed on your checks. (DUH!) You can add it if it is necessary. But if you have it printed, anyone can get it.
4. Place the contents of your wallet on a photocopy machine. Do both sides of each license, credit card, etc. You will know what you had in your wallet and all of the account numbers and phone numbers to call and cancel. Keep the photocopy in a safe place. I also carry a photocopy of my passport when I travel either here or abroad. We've all heard horror stories about fraud that's committed on us in stealing a name, address, Social Security number, credit cards.

Unfortunately, I, an attorney, have first hand knowledge because my wallet was stolen last month. Within a week, the thief(s) ordered an expensive monthly cell phone package, applied for a VISA credit card, had a credit line approved to buy a Dell computer, received a PIN number from D MV to change my driving record

information online, and more. But here's some critical information to limit the damage in case this happens to you or someone you know:

5. We have been told we should cancel our credit cards immediately. But the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them.
6. File a police report immediately in the jurisdiction where your credit cards, etc., were stolen. This proves to credit providers you were diligent, and this is a first step toward an investigation (if there ever is one).

But here's what is perhaps most important of all: (I never even thought to do this.)

7. Call the 3 national credit reporting organizations immediately to place a fraud alert on your name and also call the Social Security fraud line number. I had never heard of doing that until advised by a bank that called to tell me an application for credit was made over the internet in my name.

The alert means any company that checks your credit knows your information was stolen, and they have to contact you by phone to authorize new credit.

By the time I was advised to do this, almost two weeks after the theft, all the damage had been done. There are records of all the credit checks initiated by the thieves' purchases, none of which I knew about before placing the alert. Since then, no additional damage has been done, and the thieves threw my wallet away this weekend (someone turned it in). It seems to have stopped them dead in their tracks.

Now, here are the numbers you always need to contact about your wallet, if it has been stolen:

- 1.) Equifax: 1-800-525-6285
- 2.) Experian (formerly TRW): 1-888-397-3742
- 3.) Trans Union: 1-800-680 7289
- 4.) Social Security Administration (fraud line): 1-800-269-0271

We pass along jokes on the Internet; we pass along just about everything.

If you are willing to pass this information along, it could really help someone

## **October is Here**

October brings on a new season, relief from the hot summer, the anticipation of the winter cold, and the coming holidays Thanksgiving, Christmas and Hanukah. But October is also "Fire Safety Month".

We put together some home fire prevention and preparedness information from the National Safety Council in hopes that our readers will read and put into effect.

Fires and burns continue to be a major cause of unintentional injury death at home. Particularly at risk are the very young and the very old.

Facts:

- 84 percent of all fire deaths occur in the home (U.S. Fire Administration)
- The leading cause of fire deaths is careless smoking (U.S. Fire Administration)

- Having a working smoke detector more than doubles one's chances of surviving a fire (U.S. Fire Administration)
- 3,430 people died in fires in the United States in 2007 (National Fire Protection Association).
- In 2007, 118 firefighters died in the line of duty in the United States – up from 106 in 2005 (U.S. Fire Administration)
- Adults 65 and older are more than twice as likely to die in fires as the overall population. (U.S. Fire Administration study)
- People born in 2003 have a 1-in-1,100 lifetime odds of dying due to exposure to smoke, fire or flame. Odds in any given year are 1:86,000. (National Safety Council)

Follow the safety tips listed below to protect yourself and your family.

### **Smoke Detectors**

- One is definitely NOT enough! Every home should be equipped with smoke detectors on every level, particularly outside of sleeping areas.
- Ensure that your smoke detectors are tested monthly and batteries are replaced twice a year. Change batteries when you change your clocks.
- Encourage children to help test the smoke detectors. Familiarize them with the sounds of the alarm(s).

### **Fire Extinguishers**

- Keep an all-purpose fire extinguisher in your kitchen (one rated for grease fires and electrical fires).
- It's a good idea to keep fire extinguishers near the furnace, garage, and anywhere else a fire may start. These extinguishers are affordable, life-saving equipment for your home.
- Make sure every able-bodied member of the family is trained and familiar with the proper way to use the fire extinguishers.
- If you must use an extinguisher, make sure you have a clear way out in the event you can't put out the fire.

### **Flammables**

- Keep matches, lighters and candles out of reach and out of sight of children!
- Smoking is dangerous! No one should ever smoke in bed. Make sure that cigarettes/cigars are extinguished properly before dumping ashes.
- Avoid grease build-up in the kitchen and on appliances. Cooking fires are common. Don't leave food cooking on stovetops unattended.
- If a fire should occur, suffocate it with a pot/pan lid or a cookie sheet, or close the oven door.

- Around the holidays, Christmas trees are a primary concern. Consider using an artificial tree that is labeled "flame resistant." If you do use an evergreen, water it daily to keep it from drying out. Make sure to inspect stringed lights and window ornaments annually for deterioration.
- Dispose of materials from fireplaces and grills in non-flammable containers.
- Never put children to sleep in "day" clothes. Fire-retardant sleepwear can make a difference in burn outcomes.

## **Electrical Safety and Heat Sources**

- Make sure your electrical system is not being over-taxed. This can cause a fire. Do your lights dim or flicker when extra appliances are plugged in? If you have questions or concerns, consult a certified electrician.
- Inspect wires. If you find any worn or exposed wiring from appliances, discontinue their use immediately! A fire is imminent!
- Space heaters can be dangerous if not used correctly. Make sure yours will automatically shut off if tipped over. Consult the operating instructions to make sure you are using space heaters, gas fire places, and other heat sources as intended by the manufacturer. Keep all flammable materials away from heat sources! If there are young children in the house, make sure space heaters and hot water heaters are inaccessible.
- Chimney fires are common. Have your chimney inspected and cleaned annually.
- Keep appliances unplugged when not in use.

## **Escaping a fire**

- Keep bedroom doors shut while sleeping. If you think there is a fire, feel the door and knob for heat before opening.
- Have an escape route for each area of the home and a designated meeting place outside.
- Draw a map—one that's easy for all members of the family and visitors to understand.
- When planning for a family with young children, be sure to teach them not to hide from fire or smoke and to go to firefighters who are there to help them.
- All children should be familiar with the ideas of "crawling underneath the smoke" to escape a fire. "Stop, drop and roll" is another safety principle that must be ingrained into children's minds.
- Multi-storied buildings are of special concern. Ensure that everyone is familiar with how to use an escape ladder if necessary.
- Make sure every sleeping room has two means of escape in the event of a fire. Windows provide a secondary means of escape. Ensure they are in proper working order, are not painted shut, and guards are able to be disengaged in case of fire and escape is necessary through that window.
- Everyone must understand that once you escape, you must never reenter a burning building—no matter what you might have left behind.

- Call emergency responders (911) from a neighbor's house.
- Make sure to practice your escape plan periodically. It will be easier to remember in case of an emergency.
- Young children should know their street address and last name (and, of course, how to dial 911).
- After you've planned for the family, don't forget the pets. Alert firefighters about your pets. Don't rely on window or door decals to alert firefighters—such decals are often found to be outdated. In the event your pet suffers from smoke inhalation, rush the animal to the vet.

***"The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive veterans of early wars were treated and appreciated by our nation."***

***-George Washington-***

**Note to Our Readers:** The Newswire will at times provide links to web sites for additional information. To our readers who receive the Newswire via the U.S. Postal Service, you are not getting full use of this publication. We strongly recommend that you have the Newswire sent to you via e-mail. For those readers who do not have Internet access you can come visit us at Building 65 Jefferson Barracks. We would be happy to download and print a copy of any information that you may need. See our office hours at the end of this publication. Your local library also has computers for patrons to gain access to the Internet.

### STILL SERVING

73, Jerry

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**Office hours are 0900 to 1200 hours Tuesday and Thursday. Office Hours are 0900-1500 Hrs Monday - Friday**  
**On the 2<sup>nd</sup> and 3<sup>rd</sup> Thursdays the office will be closed at 1100 Hrs for the staff to attend Scott Retiree Council meeting and monthly luncheon.**

### NEWSWIRE OCTOBER 2009

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