



JEFFERSON BARRACKS SATELLITE RETIREE ACTIVITIES OFFICE NEWSWIRE January-February 2019

The Volunteer staff of the Jefferson Barracks Satellite Retiree Activities Office publishes this NEWSWIRE to 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, defense policies and other matters affecting their military rights, benefits and other obligations. It contains information about Scott AFB; Jefferson Barracks AFS and the local retired community.

January 17 Thursday --- Monthly Luncheon 1100 Hrs. **Café Telegraph**, 650 Telegraph Rd, St. Louis, MO 63125. Located near the intersection of Telegraph Road and Kingston Drive just outside of Jefferson Barracks. (314) 200-9952 <http://www.cafetelegraph.com/>

February 21 Thursday --- Monthly luncheon 1100 Hrs. **Olive Garden**, 5529 South Lindbergh. 314 849 2553. Located near South Lindbergh and Tesson Ferry Rd

Military Recruiting - Recruiters Banned From 1100 High Schools

Source: *Washington Examiner* | Jamie McIntyre

This article is provided as a courtesy of the **RAO Bulletin Editor/Publisher**: Lt. James (EMO) Tichacek, USN (Ret)

The booming economy is creating a major headache for military recruiters charged with signing up qualified applicants for America's all-volunteer force, and a good number of U.S. high schools are making the problem worse, according to Pentagon leaders. Last week the Navy Secretary Richard Spencer complained to Congress that local school districts containing more than 1,100 high schools have banned recruiters from campus, thwarting access to a prime target group: 18-year-olds with a high school degree and no immediate job prospects. This makes it all the more frustrating that hundreds of high schools see military recruiters as a danger to high schoolers, rather than a help to find a rewarding career in service to their country.

"There's an excess of 1,100 schools in school districts that deny access to the uniformed members to recruit on their campuses," Spencer said in testimony before a joint session of two Senate subcommittees. "They're all throughout the country; preponderance up in the Northeast and Northwest," he said. "Whatever help anyone could do in helping us get the message out would be greatly appreciated." The Army failed to make its recruiting goal this year for the first time in more than a decade, falling short by 6,500 soldiers. The other services made their goals, but they are finding it tougher. "Any time you have a unemployment rate below 4.1 percent, historically, trouble looms on the horizon for both recruiting and retention," said Adm. William Moran, the vice chief of naval operations at the same hearing. "It's at about 3.8 percent, I think, now, so we are all expecting this market to get more difficult than easier."

The economy isn't the only problem. Many high school seniors have no interest in enlisting in the military, and of those who do, 70 percent aren't physically fit enough or are otherwise unqualified for military service. "It's getting harder. We used to make [our recruiting goal] before the third week of the month was out, now some places you're making it the last day of the month," said Marine Corps Commandant Gen. Robert Neller. "[It is] not just the propensity of young men and women — do they want to serve in the military — but the

percentage that are qualified for us to even talk to them, and that number is right around, or slightly below, 30 percent.”

In response to a request for the “naughty list” of school districts where recruiters are not welcome, the Navy declined to specify which schools Spencer was referring to. “The Navy values its relationship with the various educational institutions around the country to include those cited in the numbers you queried about,” said Lt. Christina Sears, a Navy spokesperson at the Pentagon. “Because their decision to allow recruiters on campus is part of ongoing discussions, it would be inappropriate to provide a list of these schools.”

Military O-Clubs - Offutt’s Former Officers’ Club Closes Its Doors

Source: Omaha World-Herald | Steve Liewer

Back when the Strategic Air Command ruled the skies, days in the air often ended with martinis at the Officers’ Club. The O-Club was where the men who ran the Air Force — and it was almost always men — made friends and made deals. And they brought families or dates in for fancy dinners or Sunday brunch. O-Clubs, and their counterparts for enlisted members and noncommissioned officers, were the hub of military social life. “It was like a country club,” said retired Brig. Gen. Paul Cohen, a former commander of the Nebraska Air National Guard and longtime club member at Offutt Air Force Base. “People didn’t go to play golf; they went to do business.”

The O-Club culture has faded over the past 20 years as more officers have moved off base and more high-quality restaurants have opened in the community. But mostly, it’s because the tolerance for heavy drinking has faded, both inside and outside the Air Force. That era ended for good at Offutt last month, when the dining room at the Patriot Club — the modern name for what used to be the Officers’ Club — closed its doors, a victim of changing times, dwindling membership and big financial losses. Eight employees lost their jobs, including one who had worked there for 40 years. “I grew up in the clubs. It was devastating to me,” said Lt. Col. Monique “Sherry” Graham, commander of the 55th Force Support Squadron, who came from a military family. “But it comes time when you have to make a fiscally responsible decision.”

Graham said she made that decision after the Patriot Club dining room lost \$130,000 in 2017 and faced similar losses in 2018. Membership revenue fell sharply last year after an option was dropped that let members automatically charge dues — \$5 a month for retirees, \$8 for enlisted members and \$20 for officers — to their credit cards each month. “Fifty-six percent of our club members walked,” said Tom Fahrer, the Support Squadron’s longtime deputy director. “People voted with their feet.”

The evolution of the clubs began about 20 years ago. Until then, the military branches contributed funds to run the clubs, viewing them as an important part of their operations. They built morale. And people from different units got to know one another. “You got more done in a couple of hours on a Friday night than you did all week,” Cohen said. They were the epitome of military class. In 1976, for example, the SAC commander hosted a reception for Queen Margrethe II of Denmark. “It’s been a long time since we hosted anyone of that magnitude,” Fahrer said. To save money, the services stopped funding the clubs, which forced them to become self-supporting. As a result, many bases, including Offutt, merged their clubs and opened them to all service members. “Here, it never worked well,” said Cohen, who retired in 1995. “The enlisted folks didn’t want to socialize with the officers, and the officers didn’t want to socialize with the enlisted.”

Post-9/11 security measures made it more difficult to bring civilians into the clubs. But the biggest factor was the widespread change in attitudes toward alcohol. “DUIs became a career-ender,” Cohen said. “A lot of things change. Now you can’t party the same way. You don’t, because we know better.” On-base clubs like the Patriot Club had to raise prices to make up for the loss of alcohol sales. Over time, they stopped serving breakfasts, dinners and even Sunday brunches. The town grew around Offutt, too. Neighboring Bellevue had about 3,000 people when SAC moved to the base in 1948. Now, it has more than 50,000. “We have 112 restaurants within 5 miles,” Graham said. “We can’t compete with those on the outside.”

In recent years, she said, the club has relied on catered special events to support itself. But those, too, have dropped off. Income from special events fell from \$240,000 in 2013 to \$74,000 in 2018. "With numbers like that, you have to be smart about what you're doing," Graham said. The club's last effort was the hiring of a new manager in March. She added new events and specials, like "handbag bingo" and a Friday evening seafood buffet. Nothing worked. "She tried everything," Graham said. "It was too far gone at that point. We weren't going to give up. We wanted to make sure we had tried."

When the closure was announced in October, she braced for a backlash, especially from the core of retirees who still showed up each Friday for the lunch buffet. It never came. "It was a lot of silence," Graham said. "We've not recorded any formal complaints." The tradition isn't ending completely. The Patriot Club is being renamed the Warhawk Community Center, in keeping with the 55th Wing's new "Warhawk" nickname. Community rooms, and even the dining room, are still available for events. But units will need to find their own caterers. "It's almost a seamless transition," Graham said. "Everything else is carrying on as before."

Weight Control - Water Impact

Source: Journal of Obesity

*This article is provided as a courtesy of the **RAO Bulletin Editor/Publisher: Lt. James (EMO) Tichacek, USN (Ret)***

A new study published in the journal Obesity, which can be found via WebMD, found that preloading water before meals helps you lose weight. The study looked at 84 obese adults and had 41 members of the group drink around 16 ounces of water before meals, while the other 43 adults were asked simply to imagine being full before digging into their food. (And yes, we're talking pure, natural water here — no pre-packaged fizzy waters or store-bought bottles of flavored water that can sometimes also contain sugar or chemicals.) Interestingly, those who had the 16 ounces of H₂O before meals lost an average of 2.87 pounds more than those who just pictured themselves full. In fact, over the course of the 12 weeks, those who filled up on water prior to eating the three main meals a day lost an average of 9.48 pounds, whereas doing it just once a day or not at all resulted in an average loss of 1.76 pounds.

So beyond potential weight loss, why else should you drink more water? Ah, if only we had enough time to count all the beneficial reasons for sipping on this elemental elixir. In addition to keeping your skin healthy, your bowels moving regularly, and your muscles energized, all of your cells and vital organs crave water to keep them running smoothly. If this doesn't get you saying "cheers" to drinking up, we don't know what will. You can also get the essential liquid from soup, veggies, and fruits, but the majority of your intake comes from water and other beverages. Oh, and lest you think that's license to go to town with coffee and brewski's, allow us to warn you: Alcohol and coffee actually act as diuretics, which work to flush water out of your body instead of into it.

Americans need to kick the can. The soda can, that is. According to WebMD, about one in five Americans drink at least one sugary beverage every day. That might not seem too bad, but each 12-ounce can contains nine to 12 teaspoons of sugar. Upgrade to a 20-ounce bottle, and it's even worse. Skip the sweet stuff and focus your efforts on water instead. While it might not pack the flavor of soft drinks, water is one of life's building blocks and accounts for two-thirds of our body weight. Water, not juice or soda. The Washington Post explained sweetened beverages slow the body's ability to absorb water and can actually increase the amount we need to quench our thirst.

Drinking enough water is important because it keeps the body functioning properly. John Batson, a sports medicine doctor, told The American Heart Association, "If you're well hydrated, your heart doesn't have to work as hard." That means blood can circulate more easily and keep you feeling great. And it's not just important for athletes. Shape writes that even mild dehydration can negatively impact mood and energy levels. But if drinking water isn't a part of your regular routine, we've got some great tips to help you out.

For people who are used to swigging flavored beverages throughout the day, the switch to water can be a little bland. There are plenty of products on the market designed to make H2O exciting, but going for something natural is a better bet. Women's Health suggested adding fruit slices and letting the mixture sit for a few hours to concentrate the flavor. Using fruit and herbs instead of artificial flavorings also means you'll save a couple of bucks. And don't limit yourself to lemon. Everyday Health has some suggestions to get you guzzling more of the good stuff in no time. Once you run through these ideas, you'll find the possibilities are endless. How about ginger with mint.

Gift Cards Scam - Con Uses Phony Balance Check Website to Drain Gift Cards

Source: Better Business Bureau

If you receive a gift card this holiday season, watch out for this scam. According to recent BBB Scam Tracker reports, a website claiming to help check gift card balances is really a con. When you enter your card's information, scammers use it to access and drain your gift card.

How the Scam Works:

You receive a gift card and want to check how much money is on it. You search online and find a website that claims to do just that. All you need to do is enter the card's ID number and PIN or security code. Very easy! You don't even notice you've been scammed until days – or months – later. When you try to use the gift card, the store clerk or website said the balance is gone! Scammers used the information you provided to the gift card balance check website, to drain the money off your card.

Avoid Gift Card Scams:

Go to the retailer's website: If you need to check a gift card balance, go to the site listed on the back of the card itself. If there is none, go to the website of the company and look for a link to the gift card page.

Use gift cards right away: A good way to avoid scams and other issues is to simply use gift cards soon after you receive them.

Examine the gift card before buying: Before purchasing a gift card, be sure to give it a thorough look to make sure the PIN isn't exposed, or the packaging hasn't been tampered with.

Register your gift card with the retailers: If the retailer allows the option to register your gift card, take full advantage. Registering your gift card makes it easier to keep track of any misuse occurring, that way you can report it sooner and potentially end up saving the money that is stored.

For More Information

Read more holiday shopping tips at www.BBB.org/HolidayHelper. To learn more about other kinds of scams, go to www.BBB.org/ScamTips. If you've been targeted by this scam, help others avoid the same problem by reporting your experience at www.BBB.org/ScamTracker. [

The Candy Bomber

At <https://biggeekdad.com/2014/04/candy-bomber> is the amazing story of Colonel Halverson efforts during the Berlin airlift to provide German children with candy. He called this "Operation Little Vittles" and it was greatly appreciated by the children.

Editor's Note:

Below are the monthly luncheon dates for 2019. Save this page for your convenience.

January 17 Thursday --- Monthly Luncheon 1100 Hrs. **Café Telegraph**, 650 Telegraph Rd, St. Louis, MO 63125. Located near the intersection of Telegraph Road and Kingston Drive just outside of Jefferson Barracks. (314) 200-9952 <http://www.cafetelegraph.com/>

February 21 Thursday --- Monthly luncheon 1100 Hrs. **Olive Garden**, 5529 South Lindbergh. 314 849 2553. Located near South Lindbergh and Tesson Ferry Rd

March 21 Thursday --- Monthly luncheon 1100 Hrs. **Bandana's BBQ** 1220 Big Bill Road, Arnold, MO 63010 (636) 282-3328 Directions: I-55 south to MO State Highway 141, then turn east on Highway 141 to Big Bill road. Coming from the south, take I-55 north to Mo State Highway 141, then turn east on Highway 141 to Big Bill Rd.

April 18 Thursday --- Monthly Luncheon 1100 Hrs. **Firehouse Bar and Grill**, 34-500 Lemay Ferry Road (1/2 Mile north of Lindbergh). 314-892-6903. www.firehousebarandgrillstl.com

May 16 Thursday --- Monthly luncheon 1100 Hrs. **Joey B's Food & Drink** 189 Concord Plaza Shopping Center, St. Louis, MO (314) 843-2121. Concord Plaza at Lindbergh and Baptist Church Road in South County.

June 20 Thursday --- Monthly Luncheon 1100 Hrs. **Cracker Barrel Old Country Store**. 6233 Heimos Industrial Park Dr., St. Louis, MO 63129. Off of Meramec Bottom Rd and I-55. (314) 416-8880

July 18 Thursday --- Monthly Luncheon 1100 Hrs. **Café Telegraph**, 650 Telegraph Rd, St. Louis, MO 63125. Located near the intersection of Telegraph Road and Kingston Drive just outside of Jefferson Barracks. (314) 200-9952 <http://www.cafetelegraph.com/>

August 15 Thursday --- Monthly luncheon 1100 Hrs. **Olive Garden**, 5529 South Lindbergh. 314 849 2553. Located near South Lindbergh and Tesson Ferry Rd

September 19 Thursday --- Monthly luncheon 1100 Hrs. **Bandana's BBQ** 1220 Big Bill Road, Arnold, MO 63010 (636) 282-3328 Directions: I-55 south to MO State Highway 141, then turn east on Highway 141 to Big Bill road. Coming from the south, take I-55 north to Mo State Highway 141, then turn east on Highway 141 to Big Bill Rd.

October 17 Thursday --- Monthly Luncheon 1100 Hrs. **Firehouse Bar and Grill**, 3500 Lemay Ferry Road (1/2 Mile north of Lindbergh). 314-892-6903. www.firehousebarandgrillstl.com

November 21 Thursday --- Monthly luncheon 1100 Hrs. **Joey B's Food & Drink** 189 Concord Plaza Shopping Center, St. Louis, MO (314) 843-2121. Concord Plaza at Lindbergh and Baptist Church Road in South County.

December 7 Saturday --- Pearl Harbor Remembrance Breakfast 0800 Hrs. at the **Cracker Barrel Old Country Store**. 6233 Heimos Industrial Park Dr., St. Louis, MO 63129. Off of Meramec Bottom Rd and I-55. (314) 416-8880

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NEWSWIRE January-February 2019

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