

**NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES  
SAN FRANCISCO  
CHAPTER 65  
SENTINEL**

**HERMAN BRACEY, EDITOR**

Meets 3<sup>rd</sup> Wednesday each month, Odd Fellows Hall, 26 – 7<sup>th</sup> Street, near Market, SF

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**FEBRUARY 2008 NEWSLETTER**

**OUR NEXT MEETING IS ON FEBRUARY 20, 2008 AT THE ODD FELLOWS HALL, 26 7TH ST, SF  
EXECUTIVE BOARD MEETING 10:30 AM; MEMBERSHIP MEETING 1:00 PM 6<sup>th</sup> FLOOR  
SOCIAL HOUR, DOUGHNUTS AND COFFEE, 11:30 AM  
CALENDAR OF EVENTS**

FEB 20 REGULAR MEETING/ PROGRAM TBA  
FEB 22 DISTRICT V MEETING THREE FLAMES RESTAURANT SAN JOSE  
MAR 19 REGULAR MEETING/ PROGRAM TBA  
SEP 7-11 NATIONAL CONVENTION IN LOUISVILLE, KENTUCKY  
MAY 1-3-2009 2<sup>nd</sup> CSFC BIENNIAL CONVENTION CONCORD, CALIFORNIA

**PRESIDENT: JANE RAMOS, 875 SANCHEZ ST., SF, CA. 94114; 826-3337 chilberg@ix.netcom.com**

**GREETINGS AND CONGRATULATIONS TO ALL CHAPTER MEMBERS WITH BIRTHDAYS AND/OR ANNIVERSARIES IN FEBRUARY....** This year, 2008, is going to be a very important year for Federal employees and retirees. With all the potential threats to federal health and retirement benefits because of budget problems, we will need the help of our NARFE national office staff to fight for us. And we'll need to join in the ongoing campaign to inform our representatives of our positions. We cannot become complacent! Opportunities to participate follow:

**The Annual Meeting District V** is being held on Feb. 22, 2008 (8am to 3pm) at the Three Flames Restaurant, 1547 Meridian Ave., San Jose. Plan to attend if possible; all members are welcome. Send your checks for \$20 to NARFE, Chapter 1317; 1865 Shoreview Ave., San Mateo, CA, 94401 - no later than Feb.10, 2008. Any questions call 650 548 9958. This event is always very informative and a fun, social occasion. You'll meet members from other Chapters in the Bay Area. You can call and give me your email address and I'll forward the agenda to you if you'd like to see it.

**30th Biennial National Convention in Louisville, Kentucky: Sept 7-11, 2008.** All NARFE members are invited to attend this convention. If you'd like to serve on any of the convention committees - such as Bylaws, Legislation, Membership, etc., let me know. The Chapter must submit your name by March 8, 2008, so we'd need to talk to you at our next meeting in February. You can also call me to discuss this opportunity. In addition, you can participate by sending me your checks for \$1 or more to support the convention via the Booster List. Your name will be placed in the convention program book along with those of other members of Chapter 65 who elect to contribute.

Chapter 1317, San Mateo is sponsoring "A Day at the Races" Monday Feb.18, at Bay Meadows San Mateo. Gates open at 10 am. Buffet served 12:30 to 2:00 pm with free general parking. Cost \$30, checks payable to NARFE, Ch. 1317 - mail to Eva Picchi, 357 Ludemon Lane, Millbrae, CA 94040, by Feb. 7. Everyone who purchases a ticket to attend will be entered in the NARFE drawing for a Door Prize, and each attendee will receive a windbreaker, complements of Bay Meadows.

We hope to see you at our February meeting at the Odd Fellows Hall. As you know the new Federal Building is open for business next door, and the new cafeteria in the plaza in front is open. You can pick up inexpensive and healthy food there and bring it to our meeting if you like. We'll review what happened at the House Subcommittee hearing on Social Security re the GPO and WEP. Coffee and donuts are served!

**ALZHEIMER'S: JESSE RAMOS; 875 SANCHEZ ST, SF, CA 94114; 826-3337**

***A New Year, A New Goal*** For those of you who have been working on the NARFE-Alzheimer's Research Fund since the late 1980s, did you ever in your wildest dreams think that we would be working on a goal of \$8 million in 2008? Who could have predicted the amazing success of this NARFE program? If we weren't seeing such progress being made in research, I'm sure we wouldn't be where we are today. But great progress has been made.

Twenty years ago, there were no medications at all for Alzheimer's patients. Today, there are. And with several drugs in Phase III clinical trials, about four dozen more in the smaller Phase II human trials and another 300 compounds in various stages of development, I feel certain there will be an answer coming for the researchers who are working to find the cause/cure of this terrible disease.

I was so pleased to hear the delegates at our last National Convention wholeheartedly agree that we should make \$8 million our next goal. Your national committee did not suggest a time frame or put a catchy phrase to it. We would just like to see everyone work toward achieving that goal, keeping in mind that we are making a difference, and we are leaving a legacy. There will be a day—there will be a time—when we have a world without Alzheimer's disease. What could be more satisfying than knowing that NARFE played a big part in the journey to that day? *By Barb L. Pretzger*

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February 2008

**Remember....RECRUITING is everyone's job!!**

**NATIONAL WEB SITE: (<http://www.narfe.org>); CSFC WEB SITE: (<http://www.csfcnarfe.org>) CHAPTER 65 WEB SITE: (<http://www.narfe65.org>). NARFE DUES: Currently National Dues are \$29.00 and Chapter 65 Dues are \$8.00 annually. Mail check for the full \$37.00, along with your DUES RENEWAL NOTICE, to NARFE, Membership Services, 606 Washington St, Alexandria, Va. 22314-1914.**

**SERVICE OFFICER: DAVID GARCIA 510 235-7750**

**Important numbers: OPM 1-888-767-6738 (Administrative Problems); NARFE 1-800-456-8410 (Membership Problems); SOCIAL SECURITY 1-800-772-1213 (Life Cycle Problems ); LTC 1-800 582-3337 (For Applications and Information Kits); OPM Toll Number 1-724-794-5216....Loss of Independence is Seniors' Worst Fear: Eighty-nine percent of America's seniors want to age-in-place and are willing to use adaptive technology allowing them to maintain their independence, according to a study commissioned by Clarity and the EAR Foundation. Clarity is dedicated to developing solutions to help people with low vision retain their independence, while the EAR Foundation provides support services promoting the integration of the hearing- and balance-impaired into mainstream society. In a recent survey reported in the online publication Senior Spectrum, seniors rated loss of independence (26 percent) and moving out of their home into a nursing home (13 percent) as their greatest fears. Death was listed as a fear by only 3 percent of the respondents questioned for the research study, entitled Aging in Place in America. Seniors cited three main threats to their independence: health problems were the main consideration, followed closely by memory problems and the inability to drive. Most seniors surveyed viewed themselves as extremely independent due to the fact that they receive no assistance from their children. Most seniors also stated openness to new technologies, like sensors, that would help them avoid nursing homes. Despite the boomers' parents' belief that they receive no support from their children, 63 percent of the boomers surveyed stated that they are providing some kind of assistance to allow their parents to age-in-place. Much of the assistance reportedly provided by boomers was with household maintenance, transportation, medical issues, help with financial decisions and financial support. *from Alliance for Retired Americans***

**LEGISLATION: BEATRICE BERTWELL; 650-754-9962**

Rep. Michael McNulty (D-NY) chaired a January 16 hearing of the Ways and Means Subcommittee on Social Security. The Government Pension Offset and Windfall Elimination Provision were among the subjects covered. Like the November 6 Senate Finance subcommittee hearing (January's NARFE magazine pages 10-12), witnesses for postal and public employees told the panel of the onerous impacts of the GPO and WEP. A McNulty constituent and retired Postmaster, Frances Rosenfield, testified for the National Association of Postmasters. Ms Rosenfield, also a NARFE member, has the spousal survivor benefit, earned by her late husband, offset by her postal annuity. Teacher and school employee groups also testified. Full coverage will run in the March magazine.

The House of Representatives convened at noon on January 15, 2008. The Senate resumes on January 22. Each NARFE priority bill added one cosponsor recently. Rep John Salazar (D-CO) was made the 299<sup>th</sup> cosponsor of Premium Conversion legislation, H.R. 1110. The newest House member, Rep. Rob Wittman (R-VA) was made the 337<sup>th</sup> cosponsor of GPO/WEP Repeal legislation, H.R. 82.

Since NARFE's first priority remains the enactment of H.R. 1110 and S. 773, please continue to promote the concept of health tax relief for retirees by urging your lawmakers to support the current premium conversion bills. Grass-roots support of the existing legislation will reinforce the Legislative Department's Washington, D.C.-based efforts to promote the less costly and precedent-based option to members of the House Ways and Means Committee and the Senate Finance Committee.

**SUNSHINE:**

Our prayers and condolences go out to the family of **June L Lee**.

**MEMBERSHIP: HERMAN BRACEY, 651 COLE ST APT 2, SF, CA. 94117; 668-2337**

A warm welcome to **Terry Davidson, Arthur J Dusdall, Norman Furuta, Lois E Green, Kathryn D Macropol, Jackie Sharpie and David Still**.

Our latest M-100, Memory Summary Report, shows Chapter 65 with 808 voting members with 78 members on dues withholding, 57 Honorary members and 122 Life members as of 12/31/07. Most of the new members we have been welcoming are current federal employees. Perhaps, as workers, they are more in tune with the real need to have a voice in Washington and recognize the need for an organization like NARFE right now and in the future.