

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES
SAN FRANCISCO CHAPTER 65

SENTINEL

HERMAN BRACEY, EDITOR

Meets 3rd Wednesday each month, FOB 90 – 7th Street; SF; Lower Level Room B-040

PRESIDENT Jane Ramos 826-3337	Sen Barbara Boxer Senate Office Bldg Wash DC 20510 Phone 1 202 224 3553 1700 Montgomery St SF Ca 94111 Phone 415 403- 0100	Sen Dianne Feinstein Senate Office Bldg Wash DC 20510 Phone 1 202 224 3841 1 Post St Ste 2450 SF Ca 94104 Phone 415 393-0707	Cong Nancy Pelosi House Office Bldg Wash DC 20515 Phone 1 202 225 4965 450 Golden Gate Ave SF Ca 94102 Phone 415 556-4862	Cong Jackie Speier House Office Bldg Wash DC 20515 Phone 1 202 225 3531 400 S El Camino Real San Mateo Ca 94402 Phone 650 342-0300	NARFE Hot Line Ph 1 877 217-8234 White House Ph 1 202 234 1111 Congress Switchboard Ph 1 866-220-0044
--	---	---	--	---	---

2nd VICE PRES
Donald Enochson
566-6408

SECRETARY
Martha Raup
334-6380

TREASURER
Jess Ramos
826-3337

EDITOR
Herman Bracey
668-2337

EXEC BOARD
David Garcia
Donald Enochson
DorisMarie Hagopian

SERV OFFICER
David Garcia
510 235-7750

MEMBERSHIP
Herman Bracey
668-2337

LEGISLATION
Beatrice Bertwell
650 834-7793

STATE LEGISLATION
Charles Minster
387-9545

PUB. RELATIONS
Leslie Ching
641-6245

AUDIT & BUDGET
Dianne Joseph
334-6380

PROGRAM
Fran Chan
771-7892

SUNSHINE
Edith Higa
566-7358

ALZHEIMER'S
Jess Ramos
826-3337

TELEPHONE
DorisMarie Hagopian
776-5199

BINGO TRES
Joseph Smith
650 755 -8261

WEBMASTERS
Dianne Joseph
Martha Raup
334-6380

IMM PAST PRES
Herman Bracey

FEBRUARY 2009 NEWSLETTER

**OUR NEXT MEETING IS ON FEBRUARY 18, 2009 AT FOB, 90 7TH ST,
EXECUTIVE BOARD MEETING 10:30 AM; 11TH FLOOR RM 11010
GENERAL MEETING 1:00 PM; LOWER LEVEL RM B-040**

CALENDAR OF EVENTS

FEB 18 SPEAKER STEPHEN HOBAN - MEDICARE AND MEDICAID SERVICES
FEB 20 District V Annual Meeting -Three Flames Restaurant, 1547 Meridian Ave., San Jose.
MAR 18 REGULAR MEETING/PROGRAM TBA
MAY 1-3-2009 2nd CSFC BIENNIAL NARFE CONVENTION IN CONCORD, CALIFORNIA

PRESIDENT; JANE RAMOS, 875 SANCHEZ ST., SF, CA. 94114; 826-3337 jecramos@sbcglobal.net

GREETINGS AND CONGRATULATIONS TO ALL CHAPTER MEMBERS WITH BIRTHDAYS AND/OR ANNIVERSARIES IN FEBRUARY... We had a great turnout for our first meeting of the year in the new federal office building. The shiny new modern surroundings were a big change for Chapter 65 after our probably 25+ years in the Odd Fellows Building. But we're very grateful to the staff at the Odd Fellows for all the help they've given us over the years. And of course - we're grateful for the tremendous help of Doug Betten (OASAM/DOL) in helping us to arrange to meet in the new building and to Dianna Louie (Federal Executive Board) in helping us to spread the word and arrange for the speaker. We all enjoyed the presentation of Mark Hegland, Financial Planner for his timely information.

At our February 18 meeting, our speaker will be Steven D. Hoban, PhD, Health Insurance Specialist at the Centers for Medicare and Medicaid Services. He'll talk about how Medicare supports FEHBP and provide some information on Medicare Part D. Don't miss this important talk. Remember to bring a picture ID to enter the building. We'll be in the downstairs conference room, B-040.

CSFC's Second Biennial Convention MAY 1- 3, 2009 at the Concord Hilton: Your 2009 Convention Host committee and Federal Executive Board cordially invite Chapter 65 members to the Second Biennial NARFE California State Federation of Chapters Convention in beautiful Concord. This historic event celebrates the 60th anniversary of the California Federation's service to our members and our communities. This is also the site where we celebrated our 50th anniversary in 1999. Contact the Concord Hilton Hotel, 1970 Diamond Blvd, Concord, CA 94520, phone 925-827-2000 for registration information

All NARFE members may attend, and your Chapter will pay the \$15 registration fee for you, dependent upon how many of our members are interested. If you want to attend, please let me know before February 20. We have a deadline to meet!

National Treasurer, Richard Ostergren will be the keynote speaker at the opening session on Friday afternoon, May 1, 2009. National Legislative Director, Dan Adcock will be giving his Legislative Report on Saturday afternoon, May 2, 2009. Both of these individuals are excellent speakers and will motivate all with the information they provide. The State Conventions are very interesting and a lot of fun. Call me for more information, email me, or you can read all the information on the web site: www.csfcnarfe.org.

One more item for your calendar: **The NARFE District V Annual Meeting will be Friday, February 20, at the Three Flames Restaurant, 1547 Meridian Ave., San Jose.** It starts at 9:00 am, includes a continental breakfast, lunch and lots of information on how NARFE works. Send your \$23 check payable to Chapter 1317, to Judy Lynn, 1865 Shoreview Ave., San Mateo, CA. 94401. For more info: email me at jecramos@sbcglobal.net.

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

Volunteers are needed for the Alzheimer's Association Northern California and Northern Nevada Helpline and to help with Support Groups, Health Fairs and employee giving campaigns. The Association has appropriate job descriptions, and provides volunteers with training and ongoing support. If you're interested in finding out more about how you can help please call 800-272-3900 or email Tessie.Calligeros@alz.org.

For the past several years, NARFE has donated more to the Alzheimer's Association than any other organization. We hope NARFE members will continue to financially support the search to find a cure to Alzheimer's in 2009. As I mention every month, if you wish to make a donation to support programs and services to individuals and families coping with Alzheimer's disease, as well as supporting research efforts to find a cure, please make your donation check payable to "Alzheimer's Association". On the other hand, if you wish your donation to be used solely to support research into finding a cure, please make your check payable to "NARFE-Alzheimer's Research". To insure that your donation is correctly acknowledged as coming from a NARFE Chapter 65 member, write NARFE - Chapter 65" in the memo section of your check. Mail your check to me at the above address; I'll then forward it to the Alzheimer's Association.

NARFE – CHAPTER 65
651 COLE STREET APT 2
SAN FRANCISCO, CA, 94117-2849
www.narfe65.org

NON-PROFIT ORG.
U.S. POSTAGE PAID
Permit No. 9494
San Francisco, Ca

DO NOT DELAY
TIME SENSITIVE MATERIAL

FEBRUARY 2009

"NARFE - Your Voice in Congress"

Visit **OUR CHAPTER 65 WEB SITE:** (<http://www.narfe65.org>) for more Chapter information, photos, archived newsletter, etc. **NATIONAL WEB SITE:** (<http://www.narfe.org>); **CSFC WEB SITE:** (<http://www.csfcnarfe.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).

Doug Betten of the Labor Dept has arranged for us to hold our February 18, 2009 chapter meeting in the new Federal Bldg 90 7th Street. The meeting will be held on the lower level in the Conference Center Room B-040. A picture ID is required to enter the building. The meeting should be listed on the building directory to your left as you enter the building. There is a staircase down to the left of the directory with elevators to the right of the directory.

LEGISLATION: BEATRICE BERTWELL; 650-834-7493

NARFE President, Margaret L. Baptiste, calls on every NARFE member to phone, fax, or email their Congressional delegation - one Representative and both Senators - to urge them to include Premium Conversion in the economic stimulus package being prepared by the incoming Obama Administration and Congressional leaders. NARFE activists who have computers can participate by going to www.capwiz.com/narfe and sending a prepared text to their delegations. NARFE activists who do not have computers can call the NARFE toll-free number for the Capitol Switchboard, 1-866-220-0044 and ask for their Representatives and Senators by name. When you reach your Representative or Senators, tell them: "I ask you to urge the Congressional leadership to include the Federal civilian/military Premium Conversion legislation in the stimulus package. The number of this legislation in the last Congress was H.R. 1110 and S. 773."

On January 7th, Rep. Howard Berman (D-CA) again introduced legislation to entirely repeal both the Social Security Government Pension Offset (GPO) and Windfall Elimination Provision (WEP). The House GPO/WEP repeal bill is H.R. 235. All NARFE members should send a separate email or make another phone call asking for support of this legislation.

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

WELCOME to these new member: ***Sharon Fujii, Russell Graham, Jeannie A Heise, Brian Holt, Roz Itelson, Patricia La Sala, Amisha Patel and Cathleen Thompson.***

PUBLIC RELATIONS: LESLIE CHING: 641-6245, public_relations@narfe65.org

Chapter 65 members: Your Officers and Executive Board Members are working on the meeting programs for 2009. We are thinking of having a guest speaker three to four times a year. This is your chance to become involved and let us know the type of speakers you'd like us to have at some of our general meetings. What are your interests? Give us your ideas; we look forward to receiving them!

Our guest speaker In January, Mark Hegland, Financial Advisor, from Edward Jones and FEB Retirement Training Coordinator, was very popular with those in attendance.

TREASURER'S REPORT: JESSE RAMOS 826-3337

Balance at	12/1/08	\$5,858.52
Income		\$ 525.62
Expenses		\$ 976.11
Balance at	12/31/08	\$5,408.03

HAPPY VALENTINE'S DAY