

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

HERMAN BRACEY, EDITOR

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

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334-6380

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566-6408

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650 834-7793

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**EDITOR**

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668-2337

**EXEC BOARD**

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**COMMITTEES:**

**SERV OFFICER**

David Garcia  
510 235-7750

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668-2337

**LEGISLATION**

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650 834-7793

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641-6245

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VACANT

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**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**

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**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

**AUGUST 2009 NEWSLETTER**

**OUR NEXT MEETING IS ON AUGUST 19, 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**

**PHOTO ID REQUIRED TO ENTER BUILDING.**

**CALENDAR OF EVENTS**

AUG NARFE GRASS ROOT ADVOCACY MONTH "CONTACT YOUR LEGISLATORS"

AUG 19 REG MEETING / JAY GRANT, PHYSICAL THERAPIST, "LIVING BETTER LONGER"

SEP 16 MEET AT PIER 39 IN FRONT OF AQUARIUM OF THE BAY AT 10:30 AM.

OCT 10 ALZHEIMER'S MEMORY WALK ON TREASURE ISLAND AT 9:30 AM

**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 AUGUST...**Our annual July luncheon at the Marines' Memorial Club was well attended, a lovely setting with an expansive view of the city. Dee Shallenberger, District V VP gave us a very informative talk on the issue of unified dues, and again urged all members to contact our congresspersons on S. 491 and H.R. 1203. We all enjoyed the relaxing day, greeting old friends, and having a delicious lunch.

As NARFE has designated August as "Grass-Roots Advocacy Month", we are all being asked to contact our Congresspersons to discuss our legislative agenda. You can do this - either online - or by telephone -or by letter - or in person, by arranging a face-to-face meeting with Speaker Pelosi, Congresswoman Speier, and/or Senators Feinstein and Boxer. NARFE has made it simple for you to send an email - just go to the NARFE website, or if you prefer to call or write, the numbers and addresses are at the top of this newsletter. Please take a few minutes to communicate with them. Our two principal issues are: Premium Conversion and GPO/WEP repeal. Ask them to support S. 491 and H.R. 1203. If you don't do it, no one else will.

We hope you'll join us at our August meeting in the new Federal Office Building. We promise you'll enjoy it. And in September we're planning an excursion to the Aquarium by the Bay at Pier 39 on the Embarcadero. And - Chapter 400, Marin County has invited us all to their August 15 luncheon in San Anselmo, at the Deer Park Villa. This is a very pleasant restaurant in a redwood grove. The guest speaker will be our new California Federation president, Andrew Morgen, who is driving all the way up from southern California to attend. The lunch is \$25. Please contact Chapter 400's president, Alan Thomas, for more details at desotoalan@aol.com. Or, call me, Jane, at 415-826-3337 after July 22. Let's show support for Chapter 400!

**NARFE Unified Dues Referendum:** The National Executive Board (NEB) has proposed a single dues structure for all NARFE members. The proposed amount is \$40 per year which will apply to every member nationwide. Of the \$40, \$9 will go to the chapters; \$4 will go to the CA Federation and \$27 will go to NARFE HQ. If you are presently on dues withholding, the yearly amount is \$36 with \$8 going to the Chapter. The NEB believes that the old dues structure is one of the biggest obstacles to member retention and wants to ensure that all NARFE members vote on the referendum in the Fall. We will discuss this referendum at our August meeting. (September will be our yearly outing.) Please let us know how you feel about this important NARFE issue by attending the meeting in August and by voting in the fall, or by using the form below to e-mail, mail or phone in your vote.

**Make your vote count on the 2009 NARFE Dues Referendum**

Note: If you cannot make our Chapter meeting in August to vote on the NARFE Dues Referendum, please vote. There are two way to vote: (1) send an e-mail to Jane Ramos at jecramos@sbcglobal.net; or (2) mail your yes or no vote, no later than September 1, to Jane Ramos, 875 Sanchez St., San Francisco, CA 94114-2944.

I, \_\_\_\_\_ vote YES on the NARFE Dues Referendum \_\_\_\_\_

I, \_\_\_\_\_ vote NO on the NARFE Dues Referendum \_\_\_\_\_

**Members and Guests:** Join us as we have a discussion with **Jay Grant, Executive Wellness Coach**, on "**Living Better Longer.**" We will have a one-hour session with Mr. Grant and discuss longevity and creating long-term strategies for healthier living. Learn the 7 easy steps to living better longer. Our session with Mr. Grant is for **everyone**-active and retired employees and guests! If you have an ISP, check out Mr. Grant's website: [www.jaygrantonline.com](http://www.jaygrantonline.com)

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

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AUGUST 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**, when you receive it, 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.

**LEGISLATION: BEATRICE BERTWELL; 650-834-7493**

During the week ending July 10th, the Senate Finance Committee and House Ways and Means Committee considered how to pay for health care reform. They ruled out a payroll tax increase but are considering a surtax of between 3.5 and 4.5 percent on families making over \$250,000. On July 9th Speaker Nancy Pelosi said the House's health reform bill would not tax health insurance benefits provided by employers to their workers to pay for the legislation. However, the Senate is looking over proposals that would limit the tax-free status of employer-sponsored health insurance above certain premium levels. For example, under one option health plans with annual premiums below \$18,840 for families and \$7,420 for individuals would be excluded from income taxes, but employees and retirees would be taxed on the portion of a premium above that level. NARFE opposes taxation of employer-sponsored health insurance and is working with other public and private worker and retiree organizations in opposition to such plans.

The overhaul of health care continues to provide NARFE with a vehicle to attach our Premium Conversion legislation (H.R. 1203/S. 491). Whether or not you have taken any previous action, President Margaret Baptiste asks each NARFE member to contact his or her Congressional delegation, one Representative and two Senators, immediately. Use the URL <http://capwiz.com/narfe/home/>. The Legislation Department will soon begin providing information on which NARFE Federations are employing the Legislative Action Center to generate the highest per capita number of messages to their members of Congress as part of the current action alert.

**SUNSHINE: EDITH HIGA; 566-7358**

Our prayers and condolences go out to the family of **Harold B Chaplin**.

**TREASURER'S REPORT: JESSE RAMOS 826-3337**

Balance at 6/1/09	\$5,144.75
Income	\$1,238.38
Expenses	\$ 278.11
Balance at 6/30/09	\$6,105.02

**RAFFLE WINNERS:**

William Healey	\$100.00
Rita Michelini	\$50.00
Edwin Choy	\$25.00
Bobbie McGee	\$25.00

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

We send out a warm welcome to **Demmie B Acosta, Susan Canaya, Mardina Graham, and Dietrich E Wagner**; we also send out a thank you to **Beverly L Engle and Reginald H Saw** for reinstating their membership.

Remember **August is Grass-root Advocacy** month and all members are asked to contact their Representative and Senators. You message to your representative is: **"I ask that you urge House Ways and Means Committee Chairman Charles B Rangel to include H.R. 1203 Federal and Military Retiree Health Care Equity Act, in comprehensive health care reform legislation the committee is currently considering."**

Your message to your senators is: **"I ask that you urge Senate Finance Committee Chairman Max Baucus to include S. 491 Federal and Military Retiree Health Care Equity Act, in comprehensive health care reform legislation the committee is currently considering."**

**REMINDER: YOUR NARFE-PAC CONTRIBUTION FORM IS ON PAGE 14 OF THE AUGUST NARFE MAGAZINE!**