

**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	Sen Dianne Feinstein Senate Office Bldg Wash DC 20510 Phone 1 202 224 3841	Cong Nancy Pelosi House Office Bldg Wash DC 20515 Phone 1 202 225 4965	Cong Jackie Speier House Office Bldg Wash DC 20515 Phone 1 202 225 3531	NARFE Hot Line Ph 1 877 217-8234 White House Ph 1 202 234 1111 Congress Switchboard Ph 1 866-220-0044
1st VICE PRES Martha Raup 334-6380	1700 Montgomery St SF Ca 94111 Phone 415 403- 0100	1 Post St Ste 2450 SF Ca 94104 Phone 415 393-0707	450 Golden Gate Ave SF Ca 94102 Phone 415 556-4862	400 S El Camino Real San Mateo Ca 94402 Phone 650 342-0300	

2nd VICE PRES
Donald Enochson
566-6408

SECRETARY
Beatrice Bertwell
650 834-7793

TREASURER
Jess Ramos
826-3337

EDITOR
Herman Bracey
668-2337

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MEMBERSHIP
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ALZHEIMER'S
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826-3337

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776-5199

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Martha Raup
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**SEPTEMBER 2009 NEWSLETTER
NO REGULAR MEETING THIS MONTH**

**MEET AT PIER 39 IN FRONT OF AQUARIUM OF THE BAY AT 10:30 AM
CALENDAR OF EVENTS**

- 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
- OCT 20 NEW MEMBER ORIENTATION (4 PM?) AT 11TH FLOOR SKY GARDEN
- OCT 21 REGULAR MEETING PROGRAM TBA

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 SEPTEMBER....

Many thanks to our August speaker, Jay Grant, who gave us an informative and inspiring talk on "Wellness" and how to achieve/maintain it as we grow older. Mr. Grant is a wellness coach who gives presentations on this subject, and provides a wealth of information on new studies in this area. Mr. Grant touched on these subject areas with the big emphasis on a proper diet: 7 Steps to Living Better Longer: 1) Eating for Longevity, 2) Stay active mentally, 3) Stay active physically, 4) Manage your stress, 5) Socialize, 6) Manage your environment, 7) Get regular checkups.

July and August have been very productive months for our chapter. One of our newest members, Gerald Hall, developed and coordinated a new member recruitment effort in the new Federal Building on 7th Street. He organized other chapter members to help staff a table in the lobby during the two week period of the drive. Credit goes to him for recruiting 48 new members. He did a terrific job. And we heartily welcome these new members and hope they will be able to join us at our monthly meetings.

Face to face meetings were held at Senator Feinstein's office in July and Speaker Pelosi's office in August. Dee Shallenberger, our new District V Vice President, her husband Ed, and I met with Senator Feinstein's State Director, Jim Molinari in; then in August, Gerald Hall, Herman Bracey, Francis Chan, and Martha Raup met with Speaker Pelosi's Field Representative, Mark Herbert. Both of these meetings emphasized NARFE's position on GPO/WEP, and Premium Conversion and we requested their support. In both cases, we met with positive responses on GPO/WEP but they were non committal on Premium Conversion. We will be watching to see how our reprehensive vote!

If you have not voted on the "Dues Referendum", please do so. Please see page 36 of your August issue of NARFE, and also read pages 42-43 if you feel you need more detailed information. Your Chapter will be sending in the final count before December 6, 2009.

We hope you'll join us in September 16 at our annual September outing. This time we're headed to the Aquarium by the Bay at the Pier 39. It's always fun to join your fellow NARFE'ers on an outing and to be near the water and the Ferry Building. There are several casual eateries there and places for coffee, as well; we hope to see you there!

ALZHEIMER'S: JESSE RAMOS, 875 SANCHEZ ST, 826-3337

The Chapter wishes to publicly recognize and thank both Mr. Ralph Hockley for his generous contribution to the Alzheimer's Association, and Mr. Robert Castleton for his generous contribution to the NARFE-Alzheimer's Research fund.

As you all know, the Alzheimer's Association depends on contributions from individuals to continue its work to find a cure for this terrible disease-which strikes mostly seniors-and to provide direct services to those afflicted with the disease and their families. NARFE members over many years have been major contributors to the fight against Alzheimer's. We hope we can continue giving generously during these tough times. 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". Jot down the words "NARFE Chapter 65" in the memo section of your check so everyone will know that it's coming from a Chapter 65 member. Mail the check to me; I'll then forward it to the Alzheimer's Association.

Let your voice be heard 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 _____

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

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"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.**

SUNSHINE: EDITH HIGA; 566-7358

Our prayers and condolences go out to the family of **Richard H Wong.**

TREASURER'S REPORT: JESSE RAMOS 826-3337

Balance at 7/1/09	\$6,105.02
Income	\$1,423.56
Expenses	\$ 317.41
Balance at 7/30/09	\$7,211.17

RAFFLE SUPPORTERS The Chapter wishes to thank all the members who supported the July luncheon raffle. The prizes were awarded at the luncheon and the names of the winners appeared in last month's newsletter. Following are the names of the members who participated in the raffle: **AUDREY BARRETT, BEATRICE BERTWELL, LINDA BOYD, HERMAN BRACEY, ALBA CANALE, ROBERT CASTLETON, LESLIE CHING, EDWIN CHOY, URSULA CLARK, TOMMIE COLLIE, HELEN COPE, DUANE COVIELLO, MICHAEL CRAHAN, VURNELL CULBERT, JOSEPH DALY, ROGER FAHLSTROM, ROGER FERGUSON, ETHEL FISHER, DONA FUCHIWAKI, RUBEN GARCIA, VIVIAN GILNER, BERNARD GOLDBERG, CEZARIA GONZALES, BARBARA GRIER, KATHY GUERRERO, DORIS MARIE HAGOPIAN, ALAN HALL, NAOMI HATKIN, WILLIAM HEALY, EDY HIGA, RALPH HOCKLEY, IRVING HOFFMAN, LUCILLE JACKSON, ESTHER JENNING, NOBUKO KAMATANI, JIM KASHIWAGI, PAULINE KOPTKE, ABNER KUPERSTEIN, BRIAN LANE, MORRIS LATIMER, CHUN LAU, PETER LAU, RICHARD LEDON, MIYOKO LEE, LEO MICHELINI, ROSEMARY LOUGHMAN, GEORGE LOUIE, THOMAS MACHIDA, LOUISE MARCAL, MICHAEL MARTIN, BOBBIE McGEE, ANNA MEADORS, CHARLES MINSTER, FRANK MORELLI, HELEN NAISH, ANNE NANNERY, JACK NAYER, GLORIA O'LEARY, FERNANDO PALACIOS, LITA PERALTA, IDA PERSILY, MARTIN POON, MICHAEL RADKE, CLAIRE RAINS, ALMA RAMIREZ, LEO MICHELINI, RITA MICHELINI, WILLIAM RODGERS, RUTH ROSENBAUM, GEORGE SASAKI, MARY SCANLON, AGNES SIKORA, WALTER SLATER, ELIZABETH SMITH, MARTHA SOELDNER, JOSEPH SOZZI, VICTOR SUN, VIRGINIA SUSTARICH, JIMMIE TAKEUCHI, MARY TAYLOR, YOLANDA THOMPSON, MARGARET VETTER, CHERYL WILLIS, PANDORA WONG, MARGUERITE WORSLEY, AND CHARLIE YOUNG.**

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

We send out a warm welcome to **Deanne Amaden, Lily Brady, Donna L Chong, Celeste A Hale, Alfred Hatter, Dewey E Johnson, Michael Lee, James McCracken, Pamela Nelson, and Carl E Rodd.** We also thank **Delores Flexsenhar** for reinstating her membership.

Let's have fun on Sept.16! We're going to Pier 39 and Aquarium of the Bay: Pier 39 is located at The Embarcadero and Beach Street and is accessible by the SF Muni "F Line" street car which runs along Market Street and then the Embarcadero. When riding a muni bus or street car, you need the exact amount: \$2 for adults or \$.75 cents for seniors (65+). Always get a transfer, which is valid for 90 minutes and is your proof of payment. In addition, if you'll be driving, a parking garage is just steps away from Pier 39. Get 1 hour of validated free parking from one of the full-service restaurants.

We'll meet in front of the Aquarium, street level, at 10:30 a.m. Tickets are: \$15.95 for adults, and \$8 for seniors (65+). Show your Muni transfer or AAA membership card and get \$2 off the \$15.95 ticket and \$1 off the \$8 ticket. SF Zoo member? Show your card and get 50% off the \$15.95 admission price!

After visiting the aquarium, take in the sights or have lunch at one of the many cafes and restaurants. Remember to bring your camera; you just might see the sea lions!

For more information on other attractions or planning your trip, visit the following websites: www.aquariumofthebay.com; www.pier39.com; www.sfmta.org and www.511.org