

**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

1st VICE PRES

Martha Raup
334-6380

2nd VICE PRES

Donald Enochson
566-6408

SECRETARY

Beatrice Bertwell
650 834-7793

TREASURER

Jess Ramos
826-3337

EDITOR

Herman Bracey
668-2337

EXEC BOARD

David Garcia
Donald Enochson
DorisMarie Hagopian

COMMITTEES:

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

VACANT

SUNSHINE

Edith Higa
566-7358

ALZHEIMER'S

Jess Ramos
826-3337

TELEPHONE

DorisMarie Hagopian
776-5199

WEBMASTERS

Dianne Joseph
Martha Raup
334-6380

IMM PAST PRES

Herman Bracey

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

OCTOBER 2009 NEWSLETTER

**OUR NEXT MEETING IS ON OCTOBER 21, 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 020"
PHOTO ID REQUIRED TO ENTER BUILDING.**

CALENDAR OF EVENTS

- OCT 10 ALZHEIMER'S MEMORY WALK ON TREASURE ISLAND AT 9:30 AM
OCT 20 NEW MEMBER ORIENTATION (4 – 6 PM) - 11TH FLOOR SKYGARDEN
OCT 21 REGULAR MEETING-HEALTH BENEFITS PANEL AND Q&A SESSION
NOV 17 OPEN SEASON HEALTH BENEFITS FAIR FOR FEDERAL EMPLOYEES & RETIREES
NOV 18 REGULAR MEETING/TBA
DEC 16 HOLIDAY LUNCHEON AT DELANCY STREET (600 Embarcadero at Brannan Street)

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 OCTOBER.. Open Season for FEHBP Plans runs from Monday November 9 to Monday December 14, 2009. Your October NARFE issue has a Preview (pgs. 36-42). Be sure to read this article and the Legislative Report (pgs. 8-14). This will provide you with answers to many of your questions on your health care plan and help you to look ahead to what you may expect in the future. Updated information will be on the NARFE website in the legislative section.

We also invite you to attend the October 21 meeting that will feature speakers from health plans (see below.) Question and answer period will follow. We're planning to have a speaker/resource person from the CMS to answer questions about Medicare A and B and how these plans work with FEHBP. And by that time, we may know more about any National health care legislation.

To receive updates on legislation - sign up for the GEMS (Global Electronic Messaging System) - this way you'll receive timely messages from NARFE headquarters and the weekly Hotline. Any NARFE member can use the NARFE website to send an e-mail to headquarters.

NARFE Dues Referendum: You can still send me your vote on the NARFE unified dues proposal. Chapter 65 will be sending results in early December to headquarters. See pages 42 & 43 of the August NARFE issue. And be sure to note that if you sign up for "dues withholding" you'll receive a 10% reduction in your dues - (if the referendum passes.) Call me if you want more information. I have received, so far, only 38 responses out of a total of about 750 Chapter 65 members.

We are currently seeking officer candidates for 2010; now is a good time for you to offer your services to Chapter 65! We are looking for members to take over any and all Chapter functions: President, 1st and 2nd Vice Presidents, Treasurer, Secretary and all of the Committee Chairs. Please let me know if you are interested in any of these offices. We will greatly appreciate it. NARFE needs you more now than at any time in the past. You'll be glad you volunteered - volunteering keeps you healthy! And you'll be much better informed about your benefits and how to protect them.

CURRENT EVENTS UPDATES:

For our October 21 meeting, we have invited representatives from the following Federal Health Benefits Plans: Blue Cross, Blue Shield, GEHA, and Kaiser. Each representative will give a brief presentation. Immediately following their presentations, we will have a Q&A session. We anticipate the meeting to last at least 1.5 hours.

On November 17, all Federal employees and retirees are invited to attend the Health Benefits Fair in the San Francisco Federal Office Building located at 90 - 7th Street, Conference Center Auditorium (Rooms B-020 and B-040) from 9 - 11 a.m. (FYI - the Federal Building is not open to the public until 9:00 a.m.)

The FEHB plan providers have been invited to participate--Fee-for-Service and Health Maintenance Organizations servicing California, FEDVIP (Dental and Vision), and the Long-Term Care provider. Also, please remember to bring some form of **government photo identification** with you in order to enter the building.

NEW MEMBER ORIENTATION:

We will be holding a new member orientation in the 11TH floor Skygarden, at the Federal Building at 90 Seventh St. in San Francisco. The social takes place from 4pm to 6pm on Tuesday October 20th and will include appetizers and drinks. **All NARFE members are invited.** Feel free to bring prospective members as your guest. There will be a table with NARFE materials and applications that can be filled out at the social. The event will provide new members an opportunity to meet current members and allow them to informally learn more about the role of NARFE in protecting their retirements.

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.

OCTOBER 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.

Looking ahead to 2010, a little heads up seems to be in order because of current economic conditions. It seems very unlikely that there will be a COLA increase next year, so your annuity will remain the same. However there will be increases in FEHBP premiums, as well as in Medicare B premium, and also LTC premiums. The net effect is you will have less disposable income. You should govern your affairs accordingly.

SUNSHINE: EDITH HIGA; 566-7358

Our prayers and condolences go out to the family of **Irene K Penzato, Bing S Wong and Joseph M Woolfe.**

TREASURER'S REPORT: JESSE RAMOS 826-3337

Balance at 8/1/09	\$7,211.17
Income	\$ 400.61
Expenses	<u>\$1,259.65</u>
Balance at 8/31/09	\$6,352.13

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

A warm Welcome to: **Roger Brockmeyer, Ronan Byrne, George Friday, Roger Gayman, Nancy M Hinds, John Lewis, Demetria Manuselis, Vardas Nathaniel, Karen Ng, Christina Perez, Carmina Ramirez-Byrne, Linda B Smith, Vic Sund, Christopher Wilkinson and Mae Wong;** also we send our thank you to **Georgia H Askew** for reinstating her membership.

ALZHEIMER'S: JESSE RAMOS 826-3337

Final reminder: The Alzheimer's Association Annual Memory Walk will be held on Saturday, October 10, on Treasure Island. Call 800-272-3900, or try WWW.ALZ.ORG/NORCAL for more information.

TOUGH TIMES AHEAD FOR ALZHEIMER'S FAMILIES DUE TO CUTS IN STATE BUDGET:

Facts: The following cuts are in the State budget passed by both houses of the California legislature

Alzheimer's Research Centers: Cut 50%

Caregiver Resource Centers: Cut more than 70%

Alzheimer's Day Care Centers: Eliminated

Approximately 20% of Alzheimer's families use one or more of these programs, according to Bill Fisher, CEO for the Alzheimer's Assn in Northern California.

LEGISLATION: BEATRICE BERTWELL, 650-834-7493

Chapter 65 shares Congressional District 12, Rep Jackie Speier with Chapter 1317, San Mateo and for Lobby Day, six members of Chapter 1317 met with Rep Jackie Speier and her Senior Policy Advisor, Brian Perkins; the Chapter attendees were President Pat D'Larzelere, 1ST VP Eva Piichi, 2ND VP Judy Lynn Lynne, Legislative Chair Don Wallace, and members Maryann Medina and Minnie Murphy. Several days prior to the meeting, Senior Policy Advisor, Brian Perkins asked for a heads-up briefing on what the Chapter planned to discuss. They obliged and at the meeting chapter members discussed premium conversion, retirement equity, and NARFE's position on comprehensive health care (Congresswoman Speier already cosponsors GPO/WEP.) Rep Speier was very receptive to the group, listened to their issues, and agreed to cosponsor H.R. 1203, the Congressional premium conversion bill. If you go to the Legislative Action Center on the NARFE national website, you can see that she has since become a sponsor of Premium Conversion. The attendees thought the meeting was very productive and felt fortunate to have direct contact with Rep Speier.

THE NARFE-PAC Contribution coupon can be found on page 14 in the August issue, page 18 in the September issue and page 18 in the October issue of NARFE Magazine. Your contributions are always welcomed! Chapter 65 should appear in memo section of your check.