

**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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**NOVEMBER 2009 NEWSLETTER**

**OUR NEXT MEETING IS ON NOVEMBER 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 110  
PHOTO ID REQUIRED TO ENTER BUILDING.**

**CALENDAR OF EVENTS**

NOV 10 OPEN SEASON HEALTH BENEFITS FAIR - 450 GOLDEN GATE (2ND FLOOR)  
NOV 17 OPEN SEASON HEALTH BENEFITS FAIR - 90 7TH STREET (LOBBY)  
NOV 18 REGULAR MEETING-MEDICARE AND THE FEHBP  
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 NOVEMBER..**We are planning another informative meeting in November. We've invited the Centers for Medicare and Medicaid to provide a speaker on Medicare and how it affects federal retirees when they reach age 65. You may be wondering whether you should join Part B when you are eligible. Come and get the answers!

In November, we will be electing our new Chapter 65 officers. Come meet the nominees, (*President - Gerald Hall, 1st Vice President - Martha Raup, 2nd Vice President - Herman Bracey, Secretary - Jane Ramos, and Treasurer - Dianne Joseph*) and be present to cast your vote. If you desire to nominate another candidate, you can do so from the floor. We need to keep our Chapter vital and we need your help. You'll learn the results of the Chapter's poll on the dues referendum we recently conducted.

All members are welcome to attend the Health Fair which will be held in the new Federal Building on November 17, the day before our meeting. Representatives of the various health plans offered to federal employees and retirees will be available to answer your questions. You can also pick up their literature at the same time. I think it would be well worth your time to investigate the information offered both on the 17th (health fair) and on the 18th at our meeting from a speaker on Medicare. We'll also provide you with whatever current information we have on pending health care legislation and how it might affect us as federal retirees and employees. An earlier Health Fair is being held November 10, at 450 Golden Gate Ave if you might prefer that site.

And looking ahead to December, we hope you'll join us on December 16 at Delancy Street for our Holiday Luncheon. Please be sure to get your reservation in early, as space is limited.

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

On October 16th our National President, Margaret L. Baptiste, praised President Obama for proposing that all Federal retirees and survivors, including Civil Service Retirement System (CSRS) annuitants who are not eligible to receive Social Security, should be offered a one-time \$250 payment just like other older Americans. NARFE has worked with key Congressional committees since July to ensure that such Federal Government retirees and survivors receive equivalent compensation. The proposal was made in advance of the Bureau of Labor Statistics' October 15th announcement confirming that the lack of inflation during the past 12 months would result in no cost-of-living adjustment (COLA) for Social Security and Federal civilian and military retirees in 2010. "This payment would come as a welcome relief to federal retirees and survivors at a time when most will shoulder a 12 to 15 percent health insurance premium increase in a year they will receive no cost-of-living adjustment," said NARFE President Baptiste. "With the boost from the president, NARFE will continue to lead the effort in Congress to pass this needed legislation."

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

The Chapter wishes to publicly recognize and thank Ms Beatrice Bertwell for her generous contribution to the Alzheimer's Association.

As I mention in most newsletters, if you wish to make a contribution 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 ensure that your contribution is correctly acknowledged as coming from a 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  
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NOVEMBER 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.

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

Our prayers and condolences go out to the family **Mon D Lam**.

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

Balance at 9/1/09	\$6,352.13
Income	\$ 684.12
Expenses	\$ 811.07
Balance at 9/30/09	\$6,225.18

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

A warm Welcome to: **John T Casserly, Faun H Chew, Alan Beber, Todd R Bruininks, Amy Burton, Leslie Henry, Rose Huynh, David Kahn, Thomas P Leahy, Diane Marksman, Christine Plumb, and Delaw W Rajczyk**. Also, our **thanks** go out to **Stanton Golding** for reinstating his membership.

**NEW MEMBER ORIENTATION:** Our Kudos to **Gerald Hall** for his planning and executing of this event. Everything came off without a hitch and all the members present thought it was a great success. It was a great follow through to the successful recruiting drive we had in July and it allowed us another opportunity to get NARFE's name out there for recruiting purposes and also to get to know the many new members who took the time to join us. We also thank our member, **Doug Betten** for his informative e-mail to the many employees in the building about the orientation.

**HOLIDAY LUNCHEON:** This year's luncheon is scheduled for **Wednesday, December 16, 2009**, at **The Delancy Street Restaurant, 600 Embarcadero at Brannan Street in San Francisco**. Our guest speaker will be Dee Shallenberger, District V Vice President. No-host cocktails at 11:30 a.m., with lunch at 12:00 noon. Lunch costs \$25.00 for members and \$27 for guests. The entrees are: Rotisserie Beef Au Ju, Chicken Piccata over Linguini, or Mediterranean Vegetable Platter: Lunch includes: appetizers, soup du jour with assorted house-made flat breads and butter; mixed green salad with balsamic vinaigrette; unlimited coffee, hot tea and ice tea, and one soda per person. Dessert is a choice of Tiramisu or Fresh Berries with Grand Marnier.

Valet parking is \$4 per vehicle; Ride Public Transportation via Muni Metro Street cars, T-Third or N-Judah "inbound" toward AT&T Ballpark. You can board either street car at one of the Market Street underground Muni Metro Stations and disembark at the outdoor Brannan Street Station and walk across the street. **Donated door prizes happily accepted.**

**PLEASE MAKE YOUR RESERVATIONS EARLY AND USE THE COUPON BELOW!**

**===Cut Here === Holiday Luncheon Reservation ===== Please Respond No Later than December 5**

Mail reservation to: Leslie Ching, 160 Gardenside Dr., #101, San Francisco 94131

Name: \_\_\_\_\_ Telephone No: \_\_\_\_\_

Address: \_\_\_\_\_ Zip: \_\_\_\_\_

Check choice of entrée: Rotisserie Beef [ ] Chicken Piccata [ ] Mediterranean Vegetable Platter [ ]

Number In Party: \_\_\_\_\_ @ \$25/member; \$27/guest. Total enclosed: \$\_\_\_\_\_

Please attach names of guests and their entrée. Make checks payable to **NARFE Chapter 65**