

**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; (Civic Center BART station)

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APRIL 2010 NEWSLETTER

OUR NEXT MEETING IS ON APRIL 21, 2010 AT FOB, 90 7TH ST,
EXECUTIVE BOARD MEETING 10:30 AM; 14TH FLOOR RM 14010
GENERAL MEETING 1:00 PM - LOWER LEVEL - "RM B-040"

PHOTO ID REQUIRED TO ENTER BUILDING.

CALENDAR OF EVENTS

APR 21 PROGRAM ON TRAVEL AND TRAVEL OPTIONS
MAY 19 BUREAU OF LABOR STATISTICS - HOW CPI IS CURRENTLY COMPUTED
JUN 16 EARTHQUAKE PREPAREDNESS
JUL 21 SUMMER LUNCHEON AT THE CAFE BELLA VENEZIA (at Post/Jones)
AUG 29-SEP 2 NARFE 31ST BIENNIAL NATIONAL CONVENTION, GRAND RAPIDS, MI

PRESIDENT: JERRY HALL, 229 De Montfort Ave, SF, CA 94112; 412-0488, fritz1313@hotmail.com

GREETINGS AND CONGRATULATIONS TO CHAPTER MEMBERS WITH BIRTHDAYS AND/OR ANNIVERSARIES IN APRIL. I want to thank the thirty-three members and guest who helped make our Saint Patrick's Day Luncheon a big success. Pictures will soon be posted on our website. Everyone had an excellent meal for a very reasonable price at San Francisco State's Vista Room, lots of green clothing and tasty food!

A symposium for the NARFE Northern California region is scheduled for Tuesday May 4th at the Yolo Fliers Golf Club in Woodland, CA. This free seminar includes an orientation and overview of NARFE and the federation. Additionally there will be presentations on chapter membership procedures, national legislative procedures, and Chapter Service Officer Procedures. Registration is from 8:30-9:00 am. The meeting will conclude around 3 PM. Morning refreshments and a buffet lunch are included. I will be attending and driving and welcome any members who would like to attend and learn more about NARFE at this symposium. Please let me know by April 16th if you are interested in attending.

This August the National NARFE Convention will be held in Grand Rapids, MI. Please let me know if you are interested in attending. We will pay for your registration and the proceeds from our July raffle will be used to help defray Chapter 65 attendee's expenses.

At our April meeting besides our program on travel and travel options, we will be discussing programs and activities of interest to the membership. Please attend to share your ideas about programs and activities you would like for your organization.

Finally, remember that you can help our membership grow by reaching out to other active and retired federal employees and their spouses. Strong membership numbers improves the ability of NARFE to ensure that the benefits you work for and have worked for are preserved and enhanced. We each need to take responsibility for growing our membership. We cannot leave it up to others. Please make every effort to recruit a new member this year.

ALZHEIMER'S: FRANK MORELLI; 563-8361

Do You Know the 10 Signs of Alzheimer's Disease? The Alzheimer's Association has worked with a wide range of experts to update its 10 Warning Signs of Alzheimer's to help people distinguish normal signs of aging vs. signs of dementia. The 10 Signs help promote early detection, diagnosis and intervention of Alzheimer's or another dementia. Early detection, diagnosis and intervention are vital because they provide the best opportunities for treatment, support and planning for the future. The revised list describes the following signs:

1. Memory changes that disrupt daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

Now that you know the 10 signs of Alzheimer's disease, help us promote early detection and diagnosis by sharing them with a friend! Educational materials are available at your local office. For more information about the updated 10 warning signs and early detection and diagnosis or to attend a Know the 10 Signs education presentation **contact the Alzheimer's Association at 1.800.272.3900 or visit www.alz.org/10signs.**

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APRIL 2010

"NARFE - Working for You"

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 to the families of: **Lora E Broaddus, George H Rohm, and Arnon Tolon.**

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

A warm WELCOME to: **Robert C Kucich and Nicholus J Terzakis.** We also thank **Sophia J Black and Beverly M Phillips** for reinstating their membership.

TREASURER: DIANNE JOSEPH; 179 CHILTON AVE, SF, CA 94131; 334-6380

Balance on 2/18/10	\$ 5,770.30
Income	\$ 280.28
Expenses	\$ 276.50
Balance on 3/20/10	\$ 5,774.08

PROGRAM: LESLIE CHING,

VA- CA- TION: freedom or release from some regular activity; TRAV- EL: to go from place to place or make a journey. Please join us as we welcome two AAA travel specialists at our regular meeting on April 21. Learn all about AAA Sojourns travel packages--tours and cruises; escorted and independent--all over the world!

Bipartisan TSP Legislation Introduced: On March 17th, Rep. Stephen Lynch (D-MA) and Rep. Jason Chaffetz (R-UT) introduced bipartisan legislation that will allow federal employees to invest the cash value of unused annual leave in their Thrift Savings Plan (TSP) account. "The Federal Employees and Uniformed Services Retirement Equity Act of 2010", H.R. 4865, will give federal employees a benefit similar to one extended to private sector employees through a regulatory change announced by President Obama in September 2009. In a letter of support to Reps. Lynch and Chaffetz, NARFE President Margaret L. Baptiste said as a matter of equity, NARFE believes that federal workers should have this choice if it is offered to private-sector employees.

NARFE-PAC Letter from President Baptiste: Our biennial NARFE-PAC solicitation letter is now reaching NARFE members. President, Margaret L. Baptiste, the letter's author, thanks members whose contributions have begun to arrive and urges your generous contribution to NARFE-PAC. She is eager for every chapter meeting and spring convention to feature NARFE-PAC. The well dressed NARFE member is always wearing the latest NARFE-PAC lapel pin.

HEALTH CARE LEGISLATION: Sunday March 21, 2010 in a historic climax to a bitter year-long political battle, the House of Representatives Sunday voted to approve landmark legislation to overhaul the nation's health care system. After a tense weekend of deal making, Democrats came up with 219 votes for the legislation, three more than the 216 needed for passage. All House Republicans voted against the bill as did 34 Democrats. The House first passed the bill already passed by the Senate that President Obama was expected to sign into law shortly. Changes sought by House Democrats were incorporated into a second measure, called a reconciliation bill that could go to the Senate as early as Tuesday. Senate Majority Leader Harry Reid assured House Democrats this weekend that he has the votes to pass it. The sweeping legislation represents an achievement for Obama that previous presidents--Theodore Roosevelt, Franklin D. Roosevelt, Harry Truman, Richard Nixon, Jimmy Carter and Bill Clinton--have sought for nearly a century. "We proved we are still a people capable of doing big things," said President Obama in a televised address from the White House just minutes after the last House vote. And he said, "Tonight we answered the call of history." **Excerpts From the AARP** (President Obama signed the bill into law on Tuesday March 23, 2010)

NARFE's evaluation of this legislation and all other health care reform legislation is guided by our Legislative Program for the 111th Congress (2009-2010), particularly the following three key planks.

* "NARFE supports access to comprehensive health care for all Americans."

* "NARFE supports protecting the nation's most efficiently administered and cost-effective employer-sponsored health insurance program, Federal Employees Health Benefits Program (FEHBP), for federal employees and annuitants."

* "NARFE opposes broadening participation in the FEHBP, unless separate risk pools are created."