

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES
SAN FRANCISCO CHAPTER 65
SENTINEL

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JUNE 2010 NEWSLETTER

OUR NEXT MEETING IS ON JUNE 16, 2010 AT FOB, 90 7TH ST,
EXECUTIVE BOARD MEETING 10:30 AM; 11TH FLOOR RM 11010
GENERAL MEETING 1:00 PM - LOWER LEVEL - "RM B-120"
PHOTO ID REQUIRED TO ENTER BUILDING.

CALENDAR OF EVENTS

JUN 16 EARTHQUAKE PREPAREDNESS
JUL 21 SUMMER LUNCHEON AT THE CAFFE BELLA VENEZIA (at Post/Jones)
AUG 18 REGULAR MEETING, PROGRAM TBA
AUG 29- SEP 2 NARFE 31ST BIENNIAL NATIONAL CONVENTION, GRAND RAPIDS, MI
SEP 15 REGULAR MEETING, PROGRAM TBA

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

GREETINGS AND CONGRATULATIONS TO ALL CHAPTER MEMBERS WITH BIRTHDAYS AND/OR ANNIVERSARIES IN JUNE....Please consider entering our raffle to raise funds for sending delegates to the upcoming National Convention in Grand Rapids, Michigan in late August. As you may know, travel to and accommodations at the convention are not covered by NARFE and our raffle will help to defray the costs for our delegates. Additionally, please let me know if you are interested in attending the convention.

I also want to encourage you to come to our luncheon on July 21st. I believe you will find Caffe' Bella Venezia a pleasant casual venue with good homemade Italian food. We will have the entire restaurant for our luncheon. May I also suggest that you consider bringing a potential member to our luncheon? Nationally, NARFE continues to struggle to maintain its membership levels and with the current large deficits, there are a number of proposals to limit and curtail federal retirement benefits. A strong and growing membership can help keep in place the benefits retirees have earned and the benefits active federal employees are working for. We all must make maintaining and increasing membership part of our ongoing commitment.

ALZHEIMER'S: FRANK MORELLI; 1237 Filbert Street; San Francisco, CA 94109-1713; 563-8361

The Chapter wishes to publicly acknowledge and thank Ana Chavez for her generous contribution to the Alzheimer's Association.

As we mention in most newsletters, 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 efforts into finding a cure, please make your check payable to "NARFE-Alzheimer's Research". To insure that your contribution is correctly acknowledged as coming from a NARFE Chapter 65 member write "NARFE-Chapter 65 in the memo section of your check. Mail your donation to me at the above address; I'll forward it to the Alzheimer's Association.

Mental Muscle? While yoga has long been shown to affect mood, one yoga move in particular is getting attention for boosting brainpower. Superbrain Yoga, as the exercise is called, is being practiced across the country as an antidote to brain drain. Go ahead. Try it!

This simple move boosts brain function by stimulating acupuncture points on the earlobes, according to Yale-trained neurobiologist Eugenius Ang, Ph.D.

Step 1 Place your left hand on your right earlobe, thumb on the front of the lobe with fingernail facing outward and second finger behind the earlobe. Then, with your right hand, grasp your left earlobe, again keeping your thumb on the front of the lobe, facing outward. Press both earlobes simultaneously, making sure your left arm is close to your chest and inside your right (which devotees say helps energy travel upward to the brain).

Step 2 As you press on the earlobes, squat down, keeping your back straight. Do 10 to 12 deep bends, (**no pain**) inhaling through the nose on the way down and exhaling through the mouth coming up. You may place a chair underneath you as a safety precaution.

Step 3 Repeat daily. "It's like putting more gas in your brain's tank," says Ang. To learn more, read Superbrain Yoga by Master Choa Kok Sui. *From AARP*

REMEMBER OUR GOAL THIS YEAR, "EACH ONE RECRUITS ONE!"

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JUNE 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.

Be Prepared for Life's Events (F-100): NARFE has updated and expanded its popular booklet "Be Prepared for Life's Events" (F-100). In one place, NARFE members can record all of the information that their survivors will need to know, including the location of important documents, financial assets and retirement accounts. It also tells whom to contact in the event of the death of a federal employee, retiree or survivor annuitant.

When you go to the National web site, <http://www.narfe.org>, members section, it's available in two electronic forms:

Downloadable F-100: Print out the form on paper using your home printer. Fill out the form in pen or pencil.

Fillable F-100: Save the form to your computer. Fill out the form electronically, and then print it out when you are finished. You don't have to complete the form all at once; you can "save" and return to the form at a later time. The F-100 is also available as a printed document by contacting NARFE HQ by phone, 703-838-7760; or by e-mail, retbenefits@narfe.org. Make sure to ask for the F-100. Additionally the F-100 will be available at our monthly meetings and our July luncheon.

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

A warm WELCOME to: **Stephen Bachrach, Claudia S Heddon, Dennis J Hong, Nancy Y Michely, John A Ohearn, Benny Lee, Jeanette a Stark.** We also thank **Alice Brown Traeg** for reinstating her membership.

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

Balance on 4/01/10	\$ 5,468.71
Income	\$ 344.86
Expenses	\$ 786.19
Balance on 4/30/10	\$ 5,027.38

OUR SUMMER LUNCHEON is scheduled for **Wednesday July 21, 2010 at Caffè Bella Venezia, 720 Post Street at Jones.** Lunch will be served 12:00 PM. The luncheon is \$20 for a multi-course meal of home cooked Italian food in a casual setting and the choices of Entrees are **Ravioli Ricotta** (Homemade spinach and ricotta ravioli with fresh tomatoes and basil and mozzarella cheese) **Fusilli Pesto** (Fusilli with chicken, spinach, sun dried tomatoes, pesto, in a parmesan cream sauce) **Penne Boscaiolo** (Penne with chicken, Italian sausage, sun dried tomatoes, and mushrooms in a red sauce) **Fettuccine Mare** (Fettuccine pasta with garlic shrimp, mussels, and calamari in a red sauce) **Pollo Marsala** (Chicken breast and Italian sausage with mushrooms in a marsala wine cream sauce) The desert choices are **Tiramisu** (Savoiardi mascarpone cheese and espresso) or **Salame** (Chocolate and almond and walnut biscotti). Coffee and tea are included. All NARFE members and their guests are invited. Please contact Jerry Hall if you have any questions, 415-412-0488. **Parking:** There are parking garages on Geary, Sutter, and on Post between Taylor and Jones. There is on street parking all along Post, Sutter, and Jones in very close proximity of the restaurant. **Public Transportation:** The 2, 3, 27, 38 all come within a block or two blocks of the restaurant.

PLEASE MAKE YOUR RESERVATIONS EARLY AND USE THE COUPON BELOW!

====CUT HERE ==== HOLIDAY LUNCHEON RESERVATIONS ===== PLEASE RESPOND BY JULY 5, 2010

MAIL RESERVATIONS TO LESLIE CHING, 160 GARDENSIDE DR UNIT 101, SAN FRANCISCO, CA 94131-1328

NAME _____ TEL NO. _____

ADDRESS _____ ZIP _____

CHECK CHOICE OF ENTREE: Ravioli Ricotta [] Fusilli Pesto [] Penne Boscaiolo [] Fettuccine Mare [] Pollo Marsala []

Number in Party _____ @ \$20.00 EACH TOTAL ENCLOSED\$ _____

ATTACH NAMES OF GUESTS AND THEIR ENTREES. **MAKE CHECKS PAYABLE TO NARFE CHAPTER 65**