

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; (Civic Center BART station)

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## FEBRUARY 2011 NEWSLETTER

OUR NEXT MEETING IS ON FEBRUARY 16, 2011 AT FOB, 90 7TH ST,  
EXECUTIVE BOARD MEETING 10:30 AM; 12TH FLOOR RM 12300  
GENERAL MEETING 1:00 PM - LOWER LEVEL - "RM B-120"  
PHOTO ID REQUIRED TO ENTER BUILDING.

### CALENDAR OF EVENTS

FEB 16 REGULAR MEETING/SPEAKER FROM ALZHEIMER'S ASSOCIATION  
MAR 16 LUNCHEON 11:30 AM SF STATE VISTA ROOM - BURK HALL 4<sup>TH</sup> FL ROOM 401  
APR 16 -18 3<sup>RD</sup> BIENNIAL CSFC CONVENTION AT ONTARIO. CA  
APR 20 REGULAR MEETING/SPEAKER ANN LINDSAY BENEFITS OFFICER DEPT OF LABOR

**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 FEBRUARY...** Our January meeting was a big success with a good turnout to hear our regional vice president, Helen Zajac, communicate the importance of NARFE and the need for a well-informed and active membership.

This coming month our program will have a presentation by the Alzheimer's Association of Northern California and Northern Nevada. As you know, NARFE has been actively involved in supporting Alzheimer's research and those living with the disease. I hope you will make an effort to attend our February meeting to hear the latest on research and the challenges of dealing with this disease.

As you may know, legislation has passed that will freeze active federal employees' wages at their 2010 levels for two years. Retired annuitants will receive no COLA for a second year although there have been significant increases in our contributions to our health care premiums. I believe Federal employees and annuitants have done their share in stemming the federal deficit. I do not believe that either group should have to take on further cuts or freezes in the future. Currently, legislation is being proposed that would increase the percentage we pay in health care premiums; also there is a proposal to change the calculation used for Federal employees' retirement contribution from high three years to high five years and thereby reduce pensions. There are many ways to address the deficit and Federal employees and annuitants should not endure any additional burden in this regard. We see these proposals as both unfair and excessive. **Your benefits are at stake**, so please go to the NARFE website (NARFE.org, Legislative Action Center) and **send a letter to your Congressperson and Senators to let them know where you stand**. There are letters already drafted which can be sent as is or edited to suit your preferences. To be more personal about it, **call the NARFE switchboard in Washington DC at 1-866-220-0044** and ask for your congressperson or senators' offices to discuss your concerns. Talking Points can be found on the NARFE website. Not speaking up sends a message of acceptance rather than concern that fairness and appropriate reductions or increases need to occur to address deficits.

I also want to formally announce that Rebecca Clark has joined our executive board as the Active Federal Employee Liaison. She works for the United States Department of Labor at 90 Seventh Street, Room 13-100. She is available to provide NARFE information and to give out to Federal Employees located in San Francisco membership applications and recruitment materials. Becky has been a union steward, committed to employee rights and benefits, and is a good resource for our active Federal Employees. She can be reached at 415-625-7726.

One last request, please think about recruiting a new NARFE member. Anyone can sign up on the NARFE website. Make sure they reference your membership number found on your monthly magazine so you and our chapter will receive credit. To have a strong and active NARFE we must take our membership seriously, recruiting others and speaking out about what we believe in are essential.

**ST PATRICK DAY LUNCHEON;** Lets celebrate; it is time to make your reservations for the 3 course meal at SF State's VISTA ROOM, with soup or salad, choice of 3 entrees, dessert & beverage, only \$15. Call co-workers, friends and come meet us and get a short informal update on NARFE concerns. Lunch begins at **11:30, in the SF STATE VISTA ROOM in BURK HALL Room 401**, which is behind the Student Center & Bookstore on the Main Campus Area, just about a block walk from MUNI junction at 19th & Holloway; for buses: 28, 29, 17, & M. (Also it is 2 or 3 blocks from Stonestown Galleria's parking lot.) **For RESERVATIONS: make CHECKS TO NARFE Chapter 65 and send to Fran Chan, 1333 Gough St., Apt 9-J, SF, Ca. 94109-6529.** For Information or confirmation call: Fran Chan (415) 771-7892 (if you want to sit in a group, state so when you send in your check, I'm happy to serve you, and I look forward to seeing you there.

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**"NARFE - Working for You"**

**FEBRUARY 2011**

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 \$40.00 and Chapter 65 Dues are \$8.00 annually. Mail check for the full \$48.00, 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.

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

Balance on: 12/01/10	\$ 6,817.79
Income	\$ 1,551.03
Expenses	\$ 1,184.07
<b>Balance on: 12/30/10</b>	<b>\$ 7,184.75</b>

**SUNSHINE: EDITH HIGA 566-7358**

Our prayers and condolences go out to the family of **George S Cook**.

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

A warm WELCOME goes out to our newest members **Matthew Kamiya, Sandra Smires, and Aida Villagracia**. We thank **Doug Betten, Margaret Dietz and Sonya L Gordon** for reinstating their membership.

**AARP TAX AIDE PROGRAM:** From February 1 through April 15th each year, the AARP Tax-Aide program offers free one-on-one counseling, as well as assistance on the telephone and internet to help low income and senior individuals prepare basic tax forms, including the 1040, 1040A, 1040EZ and other standard schedules.

There are several Tax Aide sites around the city where you can make contact to receive tax help. **(1) Federal Bldg 450 Golden Gate Ave. SF** located in the lobby, Turk St. side open Monday - Friday 9:00AM-1:00PM - phone (415) 522-4307 (no appointment required); **(2) Stonestown YMCA 3150 20th Ave. SF** open Tuesday-Thursday 12:00PM-4:00PM - phone (415) 242-7135 (appointment required); **(3) Chinese American Citizens ALNC 1044 Stockton St. SF** open Tuesday and Thursday 10:00AM-2:00PM phone (415) 771-9745 (no appointment required); **(4) St Mary's Senior Services, 2235 Hayes St. SF** open Monday 9:30AM-1:30PM - phone (415) 750-5530 (appointment required); **(5) Aquatic Park Senior Center 890 Beach St. SF** open Tuesday 9:30AM-1:30PM - phone (415) 775-1866 (appointment required) **For locations outside the city call 1-888-687-2277**

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

Our scheduled speaker this month will be from the Alzheimer's Association of Northern California and Northern Nevada. As all NARFE members know, our organization has been supporting the Alzheimer's Association for many years. SF Chapter members have been, and continue to be, very generous in donating to the Association which enables them to fund their research and programs and services to individuals and families coping with Alzheimer's disease. Your contributions in the past, and currently, are very much appreciated.

**President Obama signed The National Alzheimer's Project Act into law on January 4** after unanimous passage in both the House and Senate. This could not have been done without the persistent work of Alzheimer's advocates. More than 50,000 e-mails, nearly 10,000 phone calls and more than 1,000 meetings by the Alzheimer's Association and its advocates led us to this historic legislative victory for the Alzheimer community. Moreover, in a recent press release, Secretary of Health and Human Services Kathleen Sebelius has promised to implement NAPA "swiftly and effectively" to enact the "aggressive and coordinated national strategy" outlined in NAPA. Many passionate letters sent by Alzheimer's Association advocates last summer helped encourage her support.

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.