

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)

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
90-7th St Suite 2-800
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

PRESIDENT

Jerry Hall
412-0488

1st VICE PRES

Martha Raup
334-6380

2nd VICE PRES

Herman Bracey
668-2337

SECRETARY

Jane Ramos
826-3337

TREASURER

Dianne Joseph
334-6380

EDITOR

Herman Bracey
668-2337

EXEC BOARD

David Garcia
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SERV OFFICER

David Garcia
510 235-7750

MEMBERSHIP

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LEGISLATION

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563-8361

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467-9376

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776-5199

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LIAISON

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Martha Raup
334-6380

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SEPTEMBER 2011 NEWSLETTER
NO MEETING THIS MONTH, SEE YOU AT CAFFE BELLA VENEZIA

SEP 21 LUNCH AT CAFFE BELLA VENEZIA 720 POST STREET
SEP 24 WALK TO END ALZHEIMER'S - MISSION CREEK PARK, SAN FRANCISCO
OCT 12 NARFE'S SKY GARDEN GATHERING
OCT 19 SPEAKER FROM CA TELEPHONE ACCESS PROGRAM
NOV 16 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 SEPTEMBER... Thanks in part to the efforts of NARFE members who called and wrote letters and emails, the debt limit compromise (Public Law 112-25) passed by Congress and signed into law by the President does not make any reductions in the retirement, pay or health benefits of federal employees and annuitants. Spending caps in the law, however, could affect active federal employee job security because agency budgets may be impacted and the overall threat has NOT disappeared. Federal civilian retirement and health benefits continue to be vulnerable because the new law creates a bipartisan "Super Committee" of Congress with a mandate to cut spending by an additional \$1.5 trillion before the end of this year.

For those of you who realize the importance of speaking out about the issues that will likely affect your livelihood, you can go to NARFE's Protect America's Heartbeat campaign and send a new letter at <http://www.narfe.org/heartbeat/>. This letter is a follow up to the earlier letter I mentioned last month and addresses federal benefits and the "Super Committee." You can simply enter your information and send the letter as is to your congressperson and senators or you can adjust it or create your own. Additionally, you can call 1-866-220-0044 to leave verbal messages for your congressperson and senators.

On September 21st we will have a noon luncheon at CAFFE BELLA VENEZIA 720 Post St. in San Francisco. Last year our members discovered and enjoyed this great value for good home cooked Italian food close to downtown. See the instructions in the newsletter for making your reservation by September 8th. We will have the entire restaurant just for NARFE members and their guests.

Again this year we will hold our new member Sky Garden event at the Federal Building on Wednesday October 12th. This 4:00pm to 6:00pm social with snacks and drinks is free to all members and prospective members. Please consider bringing a prospective member with you to this fun event.

Our October 19th meeting should be an excellent presentation by a speaker from the California TELEPHONE ACCESS PROGRAM. Anyone who has or knows someone who has hearing loss, vision impairment, or other related disabilities will find this to be a valuable opportunity to learn how to take advantage of the telephone access program and receive free telephone equipment that can assist those with such disabilities.

Finally, please contact me if you have interests that you would like our San Francisco NARFE Chapter to address. Moreover, all members are invited to the executive board meeting which takes place at 10:30am in the Federal Building every 3rd Wednesday when there are regular 1:00pm meetings scheduled.

August Speaker: Mr. Alex Lazar was our speaker from Rep Nancy Pelosi's Office. He said his normal area was constituents' problems with federal agencies but that the congresswoman would read his report. He spoke of the pressures and uncertainty everyone was working under after the debt limits debates with the Super Committee still out. We then had a very energetic discussion when the floor was opened and many members joining in. One topic we discussed was premium conversion; another was the disparity in premiums for the same health benefit plans between Northern and Southern California. Also we touched on the negatively perceived negotiation results of the Democrats and the President during the debt limit debates and other negotiations with the Republican. Everyone appreciated Mr. Lazar being there and having a chance to have their voice heard.

NARFE – CHAPTER 65
651 COLE STREET APT 2
SAN FRANCISCO, CA, 94117-2849

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"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 \$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: 7/01/11	\$ 5,516.68
Income	\$ 321.54
Expenses	\$ 280.22
Balance on: 7/31/11	\$ 5,558.00

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

We send out a warm WELCOME to our newest members *Gail Castaneneda, Margo Coleman, Rachealle D Eddings, Sonya Frazier-Stepps and Paul Tietjen*. Also our thanks go out to *Richard Becker and Kenneth Foronda* for reinstating their memberships

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

The Alzheimer's Walk To End Alzheimer's, begins 10:00 am Saturday September 24, This year' walk is again at **Mission Creek Park** in San Francisco!. **Walk Distance:** 3 mile walk or 1.5 mile shortcut. Walk Route: The walk will begin in **Mission Creek Park** and we will walk down the 3rd Street Bridge, behind AT&T Park, up the Embarcadero and back again. This route is scenic, flat and Wheelchair accessible. The Walk offers us an opportunity to focus our attention on the disease and the fight for a cure. For past walks, members of Chapter 65 have chosen not only to make a special contribution but to also participate in the walk. Your checks for a minimum of \$25 should be sent to our Alzheimer's Chair; checks should be made payable to the Alzheimer's Association with NARFE Chapter 65 in the memo section. At this time you can also let me know if you are planning to make the walk. **Public Transportation:** Take any MUNI N or T route to the Caltrain Station Also you can take any route that gets you to the corner of Market Street & Spear Street where a free Memory Walk shuttle will then take you to the event site. If you take BART, exit at the Embarcadero Station. Take Cal Train up from the Peninsula to the King Street Station. Walk one block south on 4th Street to **Mission Creek Park**. Chapter members can meet at 4th and Channel at 9:30 AM the south entrance to Mission Creek for the walk.

OUR SUMMER LUNCHEON is scheduled for *Wednesday September 21, 2011 at Caffe Bella Venezia, 720 Post Street at Jones*.

Lunch will be served 12:00 PM. The luncheon is \$20 for a multi-course meal, includes a salad, 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) Rigatoni **Norma** (Eggplant ricotta with cheese, basil and red sauce), and **Lasagna**. The desert choices are **Ice Cream/Gelato** (vanilla ice cream topped with chocolate sauce) 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 of the restaurant.

PLEASE MAKE YOUR RESERVATIONS EARLY AND USE THE COUPON BELOW!

====CUT HERE ==== **SUMMER LUNCHEON RESERVATIONS ===== PLEASE RESPOND BY SEPTEMBER 8, 2011**
MAIL RESERVATIONS TO JERRY HALL, 229 De Montfort Ave, San Francisco, CA 94112

NAME _____ TEL NO. _____

ADDRESS _____ ZIP _____

CHECK CHOICE OF ENTREE: Ravioli Ricotta [] Fusilli Pesto [] Rigatoni Norma [] Lasagna []

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

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