

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES
SAN FRANCISCO CHAPTER 65

SENTINEL

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DECEMBER 2011 NEWSLETTER

NO MEETING THIS MONTH

**HOLIDAY LUNCHEON AT LE CORDON BLEU IN
THE TECHNIQUE RESTAURANT
CALENDAR OF EVENTS**

NOV 14 – DEC 12 FEHBP OPEN SEASON
DEC 14 HOLIDAY LUNCHEON AT THE TECHNIQUE RESTAURANT AT LE CORDON BLEU
JAN 18 REGULAR MEETING - SPEAKER: DOTTIE SCHMIDT, CSFC PRESIDENT

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 DECEMBER... The Combine Federal Campaign is in full swing at this time. One time donations are available through credit-card transactions on the CFC website cfcnrcal.com. Retirees are eligible to give in this method during the CFC campaign timeframe (September 1-December 15). Simply visit, cfcnrcal.com, then click on the "One-time credit gift" link on the left side of the page. There you will be directed to the CFC Nexus website to set up an account and give a one-time gift. Retirees may register under the agency "CFC Retired Federal Employees" as their work agency. Next, fill out all of the contact information on the right side of the screen. The pledging process then requires you to fill out a pledge form and choose by giving a one-time credit card donation.

I often believe that NARFE's biggest challenge is to retain and recruit members so we can grow our membership and be a significant force in protecting earned benefits and educating federal employees and retirees about the issues that affect them. NARFE needs your continued support through your renewal of your membership, which can be easily completed on line, and your efforts to recruit new members. If you believe NARFE membership is important and has value, please communicate that to others. Think about giving others NARFE memberships as gifts. Feel free to contact me if you have any questions about renewal or new member recruitment.

Please remember that whenever we have a monthly meeting at the federal building that we also have a board meeting at 10:30 AM to which all members are invited and encouraged to attend. We are always looking for ways to improve our chapter and to listen to ideas that will make us more successful. NARFE is your organization and it needs your participation and ideas to be great.

I hope you will come to celebrate Chapter 65's 60th Anniversary this December 14th at the California Culinary Academy's Technique Restaurant, in the Potrero Hill area. This special event and holiday time luncheon will feature a three course meal for only \$18.00. Please see the information about the event on the reverse side of this newsletter. Deadline for reservations is December 7th. Information about the event and reservation information can be obtained online at NARFE65.org where copies of all our newsletters are available. We will have drawings for door prizes as well as monetary prizes for our yearly raffle to assist members who choose to attend NARFE national and state conventions. Next year's national convention will be held in Reno, Nevada August 26-30, 2012. Please let me know if you are interested in attending the national convention.

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

We wish to thank the members who made contributions to **Alzheimer's Research** at our last meeting. Alzheimer's is the sixth-leading cause of death in the U.S., and the fifth-leading cause of death for those aged 65 and older, yet it is the only cause of death among the top 10 without a way to prevent it, cure it or even slow its progress. More broadly, the total estimated worldwide costs of dementia was \$604 billion in 2010, according to the latest World Alzheimer Report, and are already affecting health systems around the world. For the families who are forced to face Alzheimer's the anguish is universal. We must escalate the commitment to ending Alzheimer's disease and dementia around the world.

HAPPY HOLIDAYS

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DECEMBER 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: 10/01/11	\$ 5,583.94
Income	\$ 483.85
Expenses	\$ 393.91
Balance on: 10/31/11	\$ 5,673.88

SUNSHINE: EDITH HIGA 566-7358

Our prayers and condolences go out to the families and friends of our deceased members **Francis Ellsworth** (1483 Sutter ST #504, SF, CA 94109-5479) and **Margie M Whitney** (150 Smith CT, Auburn, CA 95603-5741).

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

We thank **Bernice M Smith** for reinstating her membership.

NARFE-PAC: This is the last chance you have to make a contribution to **NARFE-PAC** this year. Knowing that tough times still lie ahead we need to do all we can to strengthen **NARFE-PAC** and continue to work to Protect America's Heart Beat. The **NARFE-PAC** coupon is on page 14 of the December issue of NARFE Magazine.

OUR HOLIDAY LUNCHEON is scheduled for Wednesday, December 14, at **Technique at Le Cordon Bleu, California Culinary Academy, 350 Rhode Island in San Francisco**. The entrance is on 16th Street between Kansas and Rhode Island. Our social starts at 11 a.m., and lunch is served at 11:30 a.m. The cost is \$18 for a three-course meal, which includes coffee, tea, soda, tax, and the Academy's scholarship fund. Alcoholic beverages are paid separately at the bar or at your table. All NARFE members and their guests are welcome--we have a reservation for 50 people! Please contact Leslie Ching if you have any questions: 415-641-6245. **Your donations for door prizes are welcomed.** You are to choose a salad and entrée. Salads are: **Caesar Salad** - with romaine, grated reggiano, brioche croutons, classic dressing, white anchovy, or **Caprese Salad** - served with fried mozzarella, heirloom tomatoes, roasted red peppers, basil, olive oil, balsamic vinegar reduction. Entrees are: **Beef Short Rib** - served with potato puree, sauté of seasonal vegetables, three onion relish and gravy; **Pork Schnitzel** - served with braised red cabbage, spaetzle with sauce charcuterie; or **Salmon** - served with English pea puree, asparagus, Parisian potatoes with butter sauce; and, **Dessert** - a surprise! **Parking** - A pay-for-parking lot is located at the Academy (350 Rhode Island); **Public Transportation**, Routes - 10 Townsend, 19 Polk and 22 Fillmore buses, all stop within a very short walking distance. For individual lines and bus route maps: www.sfmata.com

====ALL RESERVATIONS MUST BE RECEIVED BEFORE DECEMBER 7====

Mail Reservation coupon and check to: Leslie Ching, 160 Gardenside Drive, Apt 101, San Francisco, CA 94131

Name _____ Tel No. _____

Address _____

Check Choice of Salad: Caesar Salad [] Caprese Salad []

Check Choice of Entree: Beef Short Rib [] Pork Schnitzel [] Salmon []

Number in Party _____ @ \$18.00 each Total Enclosed \$ _____

Attach names of guests and their choice of salad and entrée. Make checks payable to NARFE CHAPTER 65