

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES

SAN FRANCISCO CHAPTER 65

SENTINEL

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MARCH 2012 NEWSLETTER
NO REGULAR MEETING THIS MONTH
JOIN US FOR LUNCH AT SF STATE'S VISTA ROOM

CALENDAR OF EVENTS

MAR 14 LUNCH SF STATE'S VISTA ROOM IN BURK HALL
APR 18 US POSTAL INSPECTOR-MAIL FRAUD, IDENTITY THEFT AND MORE
MAY 17 DISTRICT MEETING, THREE FLAMES RESTAURANT, SAN JOSE, CA
AUG 26-30 32ND BIENNIAL NATIONAL CONVENTION-SPARKS-RENO, NV

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 MARCH...For May this year, Chapter 65 will hold its monthly meeting in conjunction with the District meeting in San Jose, Thursday, May 17, 2012, which is being held one day after our normal third Wednesday meeting. It begins with a continental breakfast at 8:30 am and ends at 3:15 pm including a noontime lunch. Cost is \$20 for the event and meals. It will be at the Three Flames Restaurant in San Jose, 1547 Meridian Ave. Speakers will include: Helen Zajac, NARFE Region VIII VP, Dottie Schmidt, CSFC President, Dee Shallenberger, CSFC Executive VP. There will also be roundtable discussions on Advocacy Month, Membership Retention, Recruitment, and Public Servant Recognition Week. Our chapter goal is to allow members to fully commit to the district meeting this year and not have to decide between the chapter meeting and the district meeting. If you can't commit to the full day, try attending part of the day or come only to the luncheon to meet other members from throughout the district. More details to follow.

Don't forget to look at your February newsletter for details about our March luncheon at San Francisco State's Vista room. You need to make your reservation by contacting me by the 5th of March for this \$15 three-course meal.

The chapter is initiating a membership retention program where all voting members will be contacted via phone, email, or postal communication sometime during the year. We will be asking for your input and checking to make sure the Chapter is fulfilling your expectations. If you are interested in working on this project and would like to contact a few members each month, please let me know. The Chapter will cover all costs.

A fact you might find interesting provided by one of our members. There were fewer federal employees in 2010 (2,841,000) than in 1970 (2,997,000). Federal employment was at 3.81% of "U.S. employed" in 1970 and only 2% of "U.S. employed" in 2010. During this same period, the population of the nation served by the federal workforce increased from about 200 million to about 300 million -- an increase of about 50%. However, the staffing for the legislative and judicial branches has increased during this 40-year period, while the staffing for the executive branch has declined. These facts can be found at: <http://www.census.gov/govs/apes/>

COCONUT OIL AND KETONES: Just recently I saw a news video about **Dr. Mary Newport** whose husband was on the verge of severe Alzheimer's; wanting to do all she could to help him, she did some research, and came up with this treatment and tried it on her husband. She started putting coconut oil in his oatmeal and presumably elsewhere in his food (two tablespoons per day). His symptoms reversed dramatically within 2 weeks, and continued to get better after that. ([Click here](#) to read more)

NARFE – CHAPTER 65
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MARCH 2012

"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:

The chances of federal employees having to pay more toward their retirement—without receiving any additional annuity benefits—have increased due to the Obama administration's inclusion of that idea in its budget proposal for fiscal 2013. As it did last autumn, the White House proposed raising the required contribution by 1.2 percent of salary, phased in over three years starting in 2013. Several measures that have advanced to various stages in Congress would raise the required contribution by 1.5 percentage points, also over three years and also starting next year, so the White House's proposal could mean that the only remaining debate will be over exactly how large an increase to impose, and in which new law.

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

Balance on: 01/01/12	\$ 5,990.26	(for an itemized breakdown of income and expenses
Income	\$ 505.76	go online to narfe65.org, click on reports and then
Expenses	\$ 337.73	choose "treasurer" from the drop down menu)
Balance on: 01/31/12	\$ 6,158.29	

SUNSHINE: EDITH HIGA 566-7358

Our prayers and condolences to the families and friends of **Louise O Erpelding**, 35 First Ave NO Apt 302, Waite Park, MN 56387-1286. and **Russell Hardeman**, 2226 41ST Ave, San Francisco, CA 94116-1517.

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

WELCOME to our newest members **Bill Buhl and Mark Wiechmann**.

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

We thank **Euthenia Felicitas** for her generous contribution to Alzheimer's Research.

Obama Administration Announces Increased Alzheimer's Funding in Budget: Last week's announcement of additional funding for Alzheimer's research, caregiver support and education was an important step towards defeating this disease. As you may have heard, the Administration has committed that the National Institutes of Health (NIH) will see an immediate increase in Alzheimer's funding by \$50 million dollars.

Building on that initial increase, the President's fiscal year 2013 budget includes \$80 million in new Alzheimer's research funding, and \$20 million for education, outreach and support for American families affected by the disease. These resources are a sorely needed down payment in the fight against Alzheimer's disease and its steadily mounting impact.

The Administration's action, which responds to the extraordinary toll of the disease on millions of American families, and also to the profound implications Alzheimer's holds for federal and state budgets, is a step forward for the Alzheimer's movement that validates our recent efforts. However, as opposed to the additional \$50 million the President has made immediately available for Alzheimer's research, the President's 2013 budget is not a guarantee. It is a recommendation to Congress – the final decision rests with Congress, so these funds depend on Congressional action. We will need your help to support this important development -- so please watch for future opportunities that you, as an advocate, will have to contact your members of Congress.

Alzheimer's disease will continue to affect millions of lives unless we ensure our nation has an urgent, achievable and accountable strategy to address the Alzheimer's crisis. That's why we're asking the Obama Administration to take bold action and implement a strong National Alzheimer's Plan this year.