

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES
SAN FRANCISCO CHAPTER 65
SENTINEL

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JANUARY 2013 NEWSLETTER

**OUR NEXT MEETING IS ON JANUARY 16, 2013 AT FOB, 90 7TH ST.
EXECUTIVE BOARD MEETING 10:30 AM; 11TH FLOOR RM 11-010
GENERAL MEETING 1:00 PM - LOWER LEVEL - "RM B-120"
PHOTO ID REQUIRED ENTERING BUILDING.**

CALENDAR OF EVENTS

JAN 16 GWEN HARRIS & REDWING KEYSAAR-SENIORS AT HOME; 'IT'S ABOUT HOW YOU LIVE.'
FEB 20 SPEAKER FROM SPEECH AND HEARING CENTER OF NORTHERN CALIFORNIA
MAR 20 LUNCHEON AT "VISTA ROOM" BURK HALL SF STATE UNIVERSITY
MAY 3-4 4TH BIENNIAL CSFC CONVENTION IN SACRAMENTO, CA

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 JANUARY... I want to thank the approximately 40 participants at our Holiday Luncheon for their support of our Chapter's activities and functions. I would speculate that every year we have approximately 100 members who participate in at least one of our functions during the year. Your planning committee works hard to come up with activities that might be of interest to you. Your support makes their work worthwhile and appreciated.

At the December Luncheon we had Alan Thomas, president of the Marin Chapter 400, install the San Francisco Chapter 65 officers for 2013. The officers for 2013 will be the same as 2012. Dianne Joseph will again be your treasurer, Jane Ramos will be secretary, Herman Bracey will be 2nd vice-president, Martha Raup will continue as your 1st vice-president, and I will remain your president. I am most appreciative of the commitment and dedication of these members to your San Francisco Chapter and thankful for the confidence you have displayed by re-electing them. Additionally, special thanks to Alan for taking the time to come to the luncheon to administer the installation.

I just went over the increase in my federal annuity for 2013 and my increase in health payments and found I received a net annuity gain of zero for the coming year. So when I received the email requesting we advise our representatives of our concerns about an alternate COLA calculation (<http://capwiz.com/narfe/issues/alert/?alertid=62245936>), you can be sure I sent my emails very quickly and added to the prepared letter my own comments about my losing battle in regards to any increase in my annuity to address the cost of living. I believe I have said this before, but sometimes I think there is a plot to ensure that once you get old, you will be poor. All the planning you do for retirement is attacked as "too costly" and "excessive." I guess I am in the minority when I believe that retirement should be the just benefit of having worked hard and contributed. Keeping up with the cost of living seems appropriate and reasonable to me.

Several of your NARFE members (Frank Morelli, Leslie Ching, Martha Raup, and myself) attended and represented your Chapter at the two large health fairs in San Francisco in November. We signed up several new NARFE members. We welcome them to our Chapter. We appreciate that they understand the importance of NARFE, that it provides great information for federal employees before they retire and to retirees after they retire, that it provides a voice in Washington that values the contribution of federal workers and retirees and seeks to protect their earned benefits. This coming year will be the 92nd birthday of NARFE. Our founding members in 1921 understood the importance of a voice for the federal community. They knew that there was strength in numbers and that speaking up for what is right and true makes for a stronger country. Thank you for your continued memberships and support.

ALZHEIMER'S: FRANK MORELLI: 1237 Filbert Street, San Francisco, CA 94109-1713; 563-8361T

The Alzheimer's Association is the national movement to defeat Alzheimer's and related dementias, and is the largest private funder of Alzheimer's research, including important work in the Greater Bay Area. In our +25 years, we have funded over \$220 million in peer-reviewed Alzheimer's science. Locally, the Alzheimer's Association provides information, support, referrals, education and training, advocacy and research. Most services are free, including a 24/**HELPLINE (800-272-3900)**, Web site with an Online Helpline (<http://www.alz.org> or <http://www.alz.org/norcal>), a newsletter (circulation: +60,000) and e-Newsletter, support groups, educational programs, and Family Connections follow ups. Through our collaborative multicultural program, we have added services in Chinese, Spanish, and Vietnamese, and for African American communities in the East Bay. **Your donations are always welcome.**

JANUARY 2013

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 11/1/12	\$4,544.32
Income	\$ 765.86
Expenses	\$ 649.37
Balance on 11/30/12	\$4,660.81

(Please see the treasurer's report on our website, narfe65.org for a breakdown of income and expenses.)

THE WINNERS of this year's raffle drawing are:

1 st prize winner: Martha Raup	\$100.00
2 nd prize winner: Deanna Pursley	\$ 50.00
3 rd prize winner: Michael Radke	\$ 25.00
4 th prize winner: Richard Dana	\$ 25.00

We thank all of you who chose to participate, and a special thank you our 3rd prizewinner, Michael Radke, for returning his prize money back to the fundraiser coffers to help offset convention delegate expenses.

SUNSHINE: EDITH HIGA, 566-7358

Our prayers and sympathies to the friends and families of **Donald B Jarvis 530 Dewey Blvd, San Francisco, CA 94116-1427 and Jim I Kashiwagi 1400 Geary Blvd Apt 2503, San Francisco, CA 94109-9316.**

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

We send out a warm **WELCOME** to our newest members, **Ronald L Goodman, Jeremy Johnstone, and Roy Saenz.**

JANUARY PROGRAM - IT'S ABOUT HOW YOU "LIVE":

Learn about options and paperwork for advance directives (also known as Durable Power of Attorney for Healthcare) **I**mplement a meaningful and personalized plan. **V**oice the plan to those who need to understand your feelings and wishes **E**ngage others to live fully, knowing that the greatest gift we give our loved ones is to have our wishes discussed and put in writing

This workshop will offer guidance and assistance in creating or revising an Advance Directive for Healthcare. You will:

- Receive a variety of different types of legal Advance Directive documents
- Understand the difference between an Advance Directive for Healthcare, a Living Will, a Durable Power of Attorney, a POLST form, and a DNR order
- Be encouraged to ask questions and complete your own meaningful paperwork

Presentations presented by Redwing Keyssar, RN, director, and Gwen Harris, MA, care manager, of the Palliative Care program at Seniors At Home. www.SeniorsAtHome.org.

HAPPY NEW YEAR!