

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES  
**SAN FRANCISCO CHAPTER 65**  
**SENTINEL**

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**MARCH 2013 NEWSLETTER**

**NO REGULAR MEETING THIS MONTH  
 JOIN US FOR OUR LUNCHEON AT THE VISTA ROOM,  
 IN BURK HALL-SF STATE UNIVERSITY**

**CALENDAR OF EVENTS**

**MAR 20 LUNCHEON AT THE "VISTA ROOM" BURK HALL SF STATE UNIVERSITY**  
**APR 17 LT. ERICA ARTESEROS, SF FIRE DEPT NERT PROGRAM COODINATOR**  
**MAY 3-4 4<sup>TH</sup> 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 MARCH** Thanks to all the members who came to the presentation on hearing loss and aging. The presentation was informative, interactive, and included excellent questions and concerns from all who attended. Probably the biggest benefit was that the speaker, Shannon Simonson, offered to assist any NARFE members who may have questions, concerns in the area of hearing loss or who are seeking a better understanding of the hearing loss and possible approaches to obtaining help in addressing this issue either for themselves or others. You can reach Shannon by calling the San Francisco Hearing and Speech Center at 415-921-7668.

Your Chapter's program committee is always interested in finding excellent presenters to speak on topics of interest to members. We are fortunate to have members on the committee who consistently bring quality speakers to your meetings. I would like to thank Leslie Ching, Jane Ramos, Frances Chan, and Juanita Lott for their ongoing efforts to provide members with worthwhile meetings. I would also like you, our members, to advise me or any of the program committee members of possible topics or speakers that you believe will be valuable and/or of interest to our members. We try to provide members with a program that is both informative and substantive. Your suggestions for future programs are always appreciated.

Please note that we will be having our March luncheon (no meeting) at the ever-popular San Francisco State University's Vista Room. The Vista Room features California cuisine, serving the highest quality food prepared from fresh ingredients purchased from reputable vendors. This three course luncheon is **still only \$15**. SF State's Vista Room is a fine dining establishment where guests are served gourmet meals. The restaurant is located on the **Fourth Floor of Burk Hall next to the Student Union**. The Vista Room doubles as a hands-on lab for students interested in hospitality management and dietetics. Under the supervision of Chef Daniel Honan, meals are produced and served by students in foodservice management classes.

**Please return your reservations to the address indicated on the coupon by March 11<sup>th</sup> for this March 20<sup>th</sup> event.** The meal will consist of an appetizer of soup or salad, three entrees (usually meat, fish, or pasta) to choose from, and a choice of fruit or a bakery item for desert. Coffee and Tea are included. **You will select your choices at the beginning of your meal.** The menu for the week should be online by the end of February at <http://cob.sfsu.edu/vista-room/menus>. You can also call (415) 405-3530 at the end of the month and request what the menu will be for March 20<sup>th</sup>. **S F State University can be easily reached with public transportation via the M Muni train, and the 17 and 29 buses.** The walk onto the campus to Burk Hall is one to two blocks. There is an elevator to the 4<sup>th</sup> floor at the entrance. Please arrive by 11:45 am as the restaurant has only one serving time and the students return to class after lunch. There is metered parking in the area and Stonestown Mall is next to the campus. Please call me if you have any questions.

===== **ALL RESERVATIONS MUST BE RECEIVED BEFORE MARCH 12th** =====

**Mail Reservation coupon and check to DIANNE JOSEPH, 179 CHILTON AVE, SF, CA 94131**

Name \_\_\_\_\_ Tel No. \_\_\_\_\_

Address \_\_\_\_\_

Once you are seated, you will make your lunch choices from the menu at the San Francisco State Vista Room, 401 Burk Hall. Coffee and Tea are included. **Lunch begins promptly at 11:45am Wednesday March 20th.** Number in Party \_\_\_\_\_ @ \$15.00 each Total Enclosed \$ \_\_\_\_\_

Attach names of additional guests. **Make checks payable to: NARFE CHAPTER 65**

MARCH 2013

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

<b>Balance on 1/1/13</b>	<b>\$4,434.06</b>
Income	\$ 445.77
Expenses	\$ 948.99
<b>Balance on 1/31/13</b>	<b>\$3,930.84</b>

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

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

***The Alzheimer's Association Helpline operates 24 hours a day, seven days a week***, in 140 languages. Our staff is highly trained and knowledgeable about all aspects of Alzheimer's disease. Call us if you have questions about:

- Alzheimer's disease or memory loss, medications and treatment options, brain health and care options
- How the Association can help you
- Care giving tips and respite care options
- Services available in your community and referrals

You can also call us for emotional support — as often as you need. We know that living with Alzheimer's can be overwhelming at times. Remember, we are here for you — all day, every day. **650-962-8111**

**SUNSHINE: EDITH HIGA, 566-7358**

Our thoughts and prayers go out to the friends and family of ***Patrick E McSweeney, 17A Quirino Street Sto Nino Cagayan de Oro City. 9000***

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

We send out a warm **WELCOME** to our newest members, ***Francisco Martinez, William A Stricklin. We also THANK Doug Betten, Denise Gretz and Anthony G Souza*** for reinstating their memberships.

**Sequester Drawing Attention:** While failure to enact a longer-term budget threatens partial agency shutdowns and the resulting furloughs of employees whose jobs are not emergency in nature, a more pressing threat is sequestration. That is set to begin March 1 and threatens furloughs that potentially could reach almost any employee, although not starting until April at the earliest and with furlough days likely spread out over months. The number and timing of furlough days would vary among agencies, depending on the budget savings they might find elsewhere. Meanwhile several competing proposals have been offered to avoid the sequester, one from Republicans seeking to impose a general federal hiring freeze to cut the workforce by 10 percent by attrition, and another from Democrats to cut certain oil and agricultural subsidies and to raise taxes on those making \$1 million or more a year. Both have been deemed unacceptable by the other party, leading to growing pessimism that sequestration will be avoided. One option being discussed would allow it to begin but enact offsetting deficit reduction before the full impact began. ***Fedweek***

***"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: