

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES
SAN FRANCISCO CHAPTER 65
SENTINEL

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APRIL 2013 NEWSLETTER

**OUR NEXT MEETING IS ON APRIL 17, 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 TO ENTER BUILDING.**

CALENDAR OF EVENTS

APR 17 LT ERICA ARTESEROS, SF FIRE DEPT NERT PROGRAM COODINATOR
MAY 3-4 4TH BIANNUAL CSFC CONVENTION IN SACRAMENTO, CA
MAY 15 J RUBENSTEIN – US GEOLOGICAL SURVEY
JUN 19 LUNCH AT HARD KNOX CAFÉ - 2448 CLEMENT ST (NEAR 25TH AVE)

**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 APRIL...** March is NARFE-PAC Month; it is the cover story in the March NARFE magazine.

You have probably received a request in the mail to contribute to NARFE PAC, along with a number of other requests for contributions; we all receive more requests than we can possibly contribute to. However I would like you to consider contributing to NARFE PAC. It is a way to say to those who do not value federal service nor federal employees or retirees that we have had enough of their attacking those who serve and those who contribute to make America great. This attempt to devalue service to America and the value of government has to be stopped. We have and do earn our benefits which are not overly generous, but rather an encouragement to take a lower salary because you care about the common good. A contribution to NARFE PAC helps to defend the salaries, the benefits, and retirements of those who serve their country and protect the citizens of our great country. NARFE-PAC allows NARFE to have a voice in an ever increasing political environment; a voice to let the lawmakers know that federal employees will stand up and support those who support their causes with contributions.

Remember none of your dues money goes to fund NARFE PAC, so NARFE must raise these "political funds" separately. Your contributions will be dedicated to NARFE's efforts to be politically active in order to protect the earned benefits of current and future federal retirees. We can lament the fact that politics are an essential component of how we accomplish this or we can support these efforts by contributing to NARFE PAC. It is your contributions of \$20-\$100 that allow NARFE PAC to be successful and get the attention of the congress and the White House. Please mail you donation to NARFE PAC, 606 N. Washington St., Alexandria, VA 22314. Your contribution is not tax deductible. We need your help to make our voice stronger.

What is Dues Withholding? Dues withholding is a way for federal retirees to save money each year on their NARFE dues. You can save \$6 a year on your dues by signing up for dues withholding. The money, \$3.50 per month, is simply deducted from your annuity and sent directly to NARFE. You never again have to worry about renewing your membership. You are always a member even, if you do not remember to renew. You will never be contacted by the Chapter or National NARFE again about your membership. You are a member until you request to no longer be a member or your annuity ends. It is simple and it is a powerful way of committing to NARFE and what it represents. Go to the [national website](#), download the form and send it to OPM per the information provided. Or you can simply contact me via phone or email and I will ensure you get the form and the information needed to sign up for dues withholding. For those who are active federal employees but not eligible for dues withholding, simply sign up for three years and you will receive the same lower membership dues benefit and show your strong commitment to NARFE I am always in awe of the strong support our chapter gives to NARFE. I want to personally thank you for this support and express my sincere belief that your support makes NARFE a powerful organization representing both retired and active federal employees.

OPM has canceled the program were they planned not to mail the 1099-R forms in 2014 and require retirees to get their 1099-R's electronically in the process of going paperless. Instead those who wish to receive it electronically will have to "opt-in", while those who wish to still receive the form 1099-R by mail will not have to do anything. OPM will be sending out information regarding this change in the near future.

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"NARFE - Working for You"

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

Balance on 2/1/13	\$3,930.84
Income	\$ 512.12
Expenses	<u>\$ 929.04</u>
Balance on 2/28/13	\$3,513.92

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

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

Our Alzheimer's research effort for 2012 was tremendously successful with a total donation of \$31,784.09. This exceeds our 2011 donation by \$4,892.23. NARFE has made a significant contribution to furthering necessary research toward prevention, diagnosis, treatment and cure of Alzheimer's disease. I am very impressed with the continued generosity of our members. THANK YOU! - *JEANETTE L SCHMIDT* <gems@narfe.org>

The Associated press reports that an experimental drug that failed to stop mental decline in Alzheimer's patients also signaled potential benefit that suggests it might help if given earlier, fuller results of two major studies show. Researchers reported some patients on the drug had stable levels of brain plaque and less evidence of nerve damage compared to others who were given a dummy treatment. The drug is called **bapineuzumab**, made by Pfizer Inc, and Johnson & Johnson. The new results suggest it might work if given sooner, before so much damage and memory loss have occurred that it might not be possible to reverse.

Dr. Reisa Sperling, director of the Alzheimer's Center at Brigham and Women's Hospital in Boston and leader of one of the studies expressed disappointment in not being able to come up with a successful treatment but he said brain imaging and spinal fluid tests are "very encouraging" and suggest the drug was "doing something to the biology of the disease." "We've got a path forward" now to test it in people with mild mental impairment or those who show plaque on brain imaging but have not yet developed symptoms of dementia. Of people with mild cognitive impairment, about 15 to 20 percent a year will develop Alzheimer's disease.

SUNSHINE: EDITH HIGA, 566-7358

Our thoughts and prayers go out to the friends and families of *Mary E De La Torre, John C Fewlass, Ruth L Garel, Mark H Haas, James G Jay, Grover M Kelley, Susie A Lucas, Lenore T Scharpf and Salvador Velasco.*

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

We send out a warm **WELCOME** to our newest member, *Rebecca Robbins*. We also **THANK** *Aline F Banks, Leon G Broidy and Rosemary Y Jolly* for reinstating their memberships.

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: