

SAN FRANCISCO CHAPTER 65

SENTINEL

HERMAN BRACEY, EDITOR

Meets 3rd Wednesday each month, FOB 90 – 7th Street, SF, Lower Level Room B-120 (Civic Center BART station)

Sen Barbara Boxer
Senate Office Bldg
Wash DC 20510
Phone 1 202 224 3553
1700 Montgomery St
SF Ca 94111
Phone 415 403- 0100

Sen Dianne Feinstein
Senate Office Bldg
Wash DC 20510
Phone 1 202 224 3841
1 Post St Ste 2450
SF Ca 94104
Phone 415 393-0707

Cong Nancy Pelosi
House Office Bldg
Wash DC 20515
Phone 1 202 225 4965
90-7th St Suite 2-800
SF Ca 94102
Phone 415 556-4862

Cong Jackie Speier
House Office Bldg
Wash DC 20515
Phone 1 202 225 3531
400 S El Camino Real
San Mateo Ca 94402
Phone 650 342-0300

NARFE Hot Line
Ph 1 877 217-8234
White House
Ph 1 202 234 1111
Congress Switchboard
Ph 1 866-220-0044

PRESIDENT

Jerry Hall
412-0488

1st VICE PRES

Martha Raup
334-6380

2nd VICE PRES

Herman Bracey
668-2337

SECRETARY

Jane Ramos
826-3337

TREASURER

Dianne Joseph
334-6380

EDITOR

Herman Bracey
668-2337

EXEC BOARD

David Garcia
DorisMarie Hagopian
Frank Morelli

SERV OFFICER

David Garcia
510 235-7750

MEMBERSHIP

Herman Bracey
668-2337

LEGISLATION

Rolene Walker
359-9297

PUB. RELATIONS

Leslie Ching
641-6245

AUDIT & BUDGET

Jesse Ramos
826-3337

PROGRAM

Fran Chan
Leslie Ching

Jerry Hall

Jane Ramos

SUNSHINE

Edith Higa
566-7358

ALZHEIMER'S

Frank Morelli
563-8361

TELEPHONE

Ruby Dale
467-9376

DorisMarie Hagopian
776-5199

ACTIVE EMPLOYEE

LIAISON
Rebecca Clark
625-7726

WEBMASTERS

Dianne Joseph
Martha Raup
334-6380

IMM PAST PRES

Jane Ramos

MAY 2013 NEWSLETTER

**OUR NEXT MEETING IS ON MAY 15, 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

- MAY 3-4 4TH BIENNIAL 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)**
- JUL 17 ANN LINSAY, DEPT LABOR BENEFITS OFFICER - PREPARING FOR RETIREMENT**

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 MAY...

I would like to encourage you to contact your representatives in regards to the current proposed change in the Cost of Living Index to make it a chained CPI. While it initially looks like a small change, it is actually a significant change to your benefits. You can actually use the NARFE calculator to determine the affect on your benefits at <http://www.narfe.org/legislation/calculator.cfm>. You will find, as I did, that the amount of benefit skyrockets over the life of your annuity. Enter 25 years (a likely scenario for many) and you will find this proposed index can take away tens of thousands of dollars, more than \$100,000 in many cases. Once you are at the site and see this "minor" adjustment do major damage to your annuity, I recommend you take the next step and contact your representatives, including the president. On line it is simply a matter of clicking a button and filling in your information to send an email to these representatives.

If you think the current index is not keeping up with your costs, wait until you see what the chained index will do. The chained CPI scam is based upon false assumptions that you will drink water instead of juice if the price of juice rises or will eat canned tuna if fresh fish prices rise. Moreover, it does not consider that most seniors' medical costs more than double from what their costs were when they were younger. (So are those who are proposing this change suggesting that instead of taking your prescribed pill each day, you should take it every other day, contrary to the doctor's orders? I guess that would save some costs, but it would probably leave you with higher blood pressure or cholesterol and a shorter life span.) This proposal is just another attempt to put the financial problems of the country on the backs of the elderly and those who have served their country faithfully. Speak up or you may find yourself eating a lot of canned tuna in the coming years!

I would like to invite you, and your guests, to our June luncheon. Put on your picnic outfit and bring a hungry stomach (The meals are big!). Our Special Summer NARFE Indoor Southern Picnic Luncheon at the very casual Hard Knox Café (2448 Clement St.) in the City's Richmond District on June 19th. The Geary 38 and 38 L stop at 25th. The restaurant is 1 block North of Geary and a Half Block West. Muni Routes 1 and 29 also provide transit to the restaurant. There is some parking in the area. You can choose from four entrees: **Blackened Snapper, Fried Chicken, BBQ Pork Spareribs, Gravy Smothered Pork Chops, each is served with two corn bread muffins and two sides.** A vegetarian dish is also available. Please indicate your entrée and two sides on your reservations. The meal includes choice of Ice Tea, Soda, or Coffee. (Deserts and other drinks including beer and wine may be purchased separately.) Cost for the meal will be \$20, including tip and taxes. If you have any questions, please contact Jerry Hall (415-412-0488). Seating will be both upstairs and downstairs. You can view the restaurant's website at www.hardknoxcafe.com.

===== Please Detach Coupon & Respond NO LATER THAN MONDAY, JUNE 10th =====

For reservations: Make checks (\$20 per person) Payable To: **NARFE Chapter 65** and mail coupon to Jerry Hall, 229 De Montfort Av, San Francisco, CA 94112. Lunch will be on Wednesday June 19th and begin at 12 Noon, at the Hard Knox Café, 2448 Clement St (**between 25th Ave & 26th Ave**), San Francisco. **Select one entrée and two sides for each name attending.** Add additional names as necessary.

1.Name _____

Entrée (Circle 1) **Blackened Snapper, Fried Chicken, BBQ Spareribs, Gravy Smothered Fried Pork Chops. Sides** (Circle 2) Mac & Cheese, Potato or Yam Fries, Salad, Red Beans & Rice, Coleslaw, Greens, Mashed Potatoes

2.Name _____

Entrée (Circle 1) **Blackened Snapper, Fried Chicken, BBQ Spareribs, Gravy Smothered Fried Pork Chops. Sides** (Circle 2) Mac & Cheese, Potato or Yam Fries, Salad, Red Beans & Rice, Coleslaw, Greens, Mashed Potatoes

Total enclosed: \$ _____ Most seating will be upstairs. Please check ___ if you need to be seated downstairs.

NARFE – CHAPTER 65
651 COLE STREET APT 2
SAN FRANCISCO, CA 94117-2849
www.narfe65.org

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

Balance on 3/1/13	\$3,513.92
Income	\$ 939.78
Expenses	\$ 809.07
Balance on 3/31/13	\$3,644.63

(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

Your help is still most welcomed as NARFE continues to be in the forefront in raising private funds to assist in the worldwide quest under way to find new treatments to stop, slow or even prevent Alzheimer's. Because new drugs take years to produce from concept to market—and because drugs that seem promising in early-stage studies may not work as hoped in large-scale trials—it is critical that Alzheimer's research continue to accelerate. To ensure that the effort to find better treatments receives the focus it deserves, the Alzheimer's Association funds researchers looking at new treatment strategies and advocates for more federal funding of Alzheimer's research.

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

We extend a warm **WELCOME** to our newest member, *Kevin J Clark* and a **THANK YOU** to *Maria Alcade* and *Deanne Amaden* for reinstating their memberships.

While there's little doubt we are living in very stressful times and our society and much of the rest of the world are undergoing some fundamental changes. Unfortunately, federal workers and retirees are being unfairly targeted to finance some of these proposed changes in the federal budget.

What can we do in such troubling and seemingly hostile times? I would say, "Stay informed, raise your voices, contact your congressional representatives. Now is not the time to be sitting on the sideline. We thank all of you for being NARFE members; continuing your membership is important for NARFE to succeed. The strength of our numbers adds to the influence we have over legislation important to the federal community.

NARFE's mission has remained the same since 1921: To preserve and enhance the retirement benefits of federal retirees, employees and their families. Our current legislative agenda focuses on protecting existing federal pay, retirement and health benefits while congress attempts to deal with high federal budget deficits, and ensuring federal employees and retirees do not serve as scapegoats in solving our nations' fiscal problems. Renewing your membership will assist us in making sure our voices are not drowned out in all the rhetoric and clamor heating up the airwaves during these challenging times.

The new layout of the newsletter is the result of the Postal Service changes to make newsletters more "machineable".