

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

**HERMAN BRACEY, EDITOR**

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

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**DECEMBER 2013 NEWSLETTER  
NO MEETING THIS MONTH  
SEE YOU AT 10UN FOR OUR HOLIDAY LUNCHEON  
CALENDAR OF EVENTS**

DEC 11	HOLIDAY LUNCHEON AND ELECTION OF OFFICERS AT BISTRO 10UN
<b>DEC 25</b>	<b>MERRY CHRISTMAS</b>
<b>JAN 1</b>	<b>HAPPY NEW YEAR</b>
JAN 15	REGULAR MEETING -- PROGRAM TBA
FEB 19	REGULAR MEETING -- PROGRAM TBA
AUG 24-28	NATIONAL CONVENTION ORLANDO, FLORIDA

**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 DECEMBER...** Another year is coming to an end and NARFE membership is still on a downward slide. This puzzles me, especially in regards to the current active employees who have already contributed \$114 billion toward deficit reduction, since they have not received wage increases over the past few years and continue to be unfairly attacked by some members of congress. Not only have active employees received no wage increases, their costs for medical and other items for their families and loved ones have risen, in effect creating a pay cut.

So I was very pleased that NARFE is continuing to offer for a limited time the "free" six month membership to all active federal employees, giving them a chance to explore NARFE information resources, legislative activism, and commitment to federal workers and retirees. At one health fair alone that NARFE attended this month, we signed up approximately 60 new members. This is happening across the country at the various health fairs. Our current members are signing up hundreds of new members, their friends, their current and previous co-workers. By simply going online ([www.narfe.org](http://www.narfe.org)) and clicking the "Enough is Enough" banner, and giving their name and email address they become a NARFE member for six month to explore the benefits and fraternity of NARFE members. If you have not already provided a free membership to someone currently in Federal Service, now is your chance. Your friends and acquaintances trust you and will gladly accept this opportunity to learn more about NARFE and the services and activism it provides. This is your chance to help NARFE turn around its significant slide in membership.

NARFE works hard to also enhance the image of federal workers, to help the public understand that Federal Workers are public servants who help make America the great country it is. Civil Servants are the backbone of our great country. They need to be treated with dignity and respect and appreciated for their contributions. The contributions of the federal workforce and its retirees are extensive. NARFE members are a select group of competent and committed people dedicated to serving America.

Many spend both their working careers and retirement making their communities better places to live, by volunteering and providing service, tutoring, assisting youth groups, working at senior facilities, working at various non-profits and local government facilities. My own father at 91 years old was teaching classes at senior centers during the last year of his life. He is not unusual, many NARFE members have active volunteer lives, providing services to others and supporting worthwhile causes. This is the NARFE community, a group of current and former public servants who continue to serve their communities throughout their lives.

I wish all of you a happy holiday season and admire you for your service and dedication as federal workers and retirees.

**DECEMBER 11 HOLIDAY LUNCHEON ATTENDEES:**

We didn't forget about the "door prize" drawing at the luncheon. As most of you know, it's always fun to end our luncheon with the drawing. You just never know what's in those pretty wrapped packages. For those of you, who enjoy participating, please bring a wrapped gift to the luncheon. Thank you!

**Annual Fund Raiser:** We've pushed back the date of our annual fundraiser drawing until our March 19 luncheon. Additional information and the coupons will be in January's newsletter. We know we can depend on your generous support

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

Balance on 10/01/13	\$ 2,461.65
Income	\$ 331.60
Expenses	\$ 322.58
Balance on 10/31/13	\$2,470.67

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

Our Thoughts and prayers to the friends and families of *May L Wong, 300 Avalon DR, San Francisco, CA 94112-2002 and Ruth H Uzar, 2586 26 Ave, San Francisco, CA 94116-2910*

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

We **WELCOME** our newest member *Robert L Owen*. We also **THANK Daniel Dea** for reinstating his memberships.

**NOMINATING COMMITTEE: JESS RAMOS, 875 SANCHEZ ST, SF, CA 94114; 826-3337** The Chapter will elect its officers for 2014 at the December luncheon/meeting. Chapter members interested in serving as the chapter's officers, president, vice presidents, treasurer or secretary should get in touch with Jess Ramos (826-3337) or Herman Bracey (668-2337) no later than the December luncheon/meeting so that your name can be included on the ballot. As you all know, the five elected officers and many non-elected chapter members serving on committees together perform the varied and important tasks that enable Chapter 65 to operate and attract new members. Chapter 65 is totally run by volunteers and more volunteers are always needed. All chapter members should consider giving a helping hand to members who are already working to keep Chapter 65 an effective service organization. If you want to become an active member, contact any of the members whose names appear on the left side of the monthly newsletter to find out how you can help. Run for office. Join a committee.

**ALZHEIMER'S: FRANK MORELLI, 1237 FILBERT STREET, SAN FRANCISCO, CA 94109; 563-8361**

The pressure to find treatments and preventions for Alzheimer's disease has been building steadily over the past decade, and it's becoming critical as the United States prepares for the crush of Baby Boomers who are approaching their 70s, when the disease is most likely to strike.

Amyloid beta, for decades, it's been the primary target of Alzheimer's research, and for good reason. The protein is a hallmark of the disease, forming distinctive clumps of sticky plaque in the brains of people with Alzheimer's. "In the past 10 years amyloid therapies have failed, one after another and quite spectacularly, to provide any benefit to people even with mild dementia," Neurologist, Dr Gil Rabinovici said. It may be that "there's been a lot of end-organ damage and it's too late."

First, amyloid beta is probably just one piece of a long chain of events that go wrong in the brains of people with Alzheimer's. And second, that plaque buildup likely has been going on for years, even decades, before people are symptomatic. By the time doctors introduce a drug to attack amyloid beta, the disease has already progressed to the point that almost any treatment is bound to fail, scientists now believe.

**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:

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.**