



**NATIONAL ACTIVE AND RETIRED
FEDERAL EMPLOYEES ASSOCIATION
PUTNAM COUNTY—COOKEVILLE TENNESSEE
Our 25th Year: 1983-2008**

Chapter 1956 Newsletter

March 2008

Last Meeting

We had 28 members and guests to attend our February meeting. There were several of our regular attendees out because of not feeling well, but it was great to meet some there for the first time and others whom we have not seen for awhile.

We heard a excellent talk by our speaker, Teresa Galey from the Putnam Co. Family YMCA. She stressed the need for staying active as we grow older, even a 10 minute daily walk is beneficial. In the year 1900 the average life expectancy was 47 years, now that age has increased to 76 or more. She spoke of the fact that our bodies will adapt to more physical activity and we needed to 'push' ourselves to stay functionally active for as long as we can. There are many benefits of staying active, not the least of which is fewer doctor visits. Teresa said that we were welcomed to visit the local YMCA, take a tour and receive a guest pass to use the facilities. They are located on Raider Drive in Cookeville and have programs for all ages.



Teresa Galey

Other items from the last meeting, the chapter approved placing an Advertisement in the National Convention Program Book, and also approved a gift card for a door prize at the Federation Convention.

The door prizes were won by Clarence Richards, Chuck MacKenzie and Larry Duewer

Next Meeting

Our next meeting will be March 18th at Shoneys Restaurant on Jefferson Ave. Be there by 6:00pm. to eat, the business meeting will begin at 6:45pm. March is NARFE-PAC month. The speaker that we had scheduled cancelled, but we will still talk about the NARFE-PAC. This being an election year for the US President, Senators and Representatives, it is important that we take an active part in electing those who will support our goals. NARFE is a non-partisan organization. we can support people from all parties. Keep in mind that NARFE-PAC and the funds used to support --continued, next column

candidates are entirely separate from the membership functions of the organization. No part of our membership dues are used to support candidates. Only those funds given directly to NARFE-PAC are used. At the meeting we will ask you to donate. Donations can be in any amount, but for \$20 or more you will receive the current NARFE-PAC lapel pin. Those not attending the next meeting can mail your donations to me at the address listed in this newsletter. I would point you to the March issue of the NARFE magazine to read more about NARFE-PAC. It is the Key to Capitol Clout. This is just one more way that we have to insure that our benefits are protected and our goals are reached. Be sure to make it to the meeting and learn about this part of our organization.

Membership News

Remember our emphasis is on retention and new members. Please renew your membership as the time comes and help us get new members. We are calling our membership campaign '**Member Get A Member**' with the goal this year for each of us to sign up one new member. As the year goes by, I will suggest various ways to do this. This months suggestion is on spousal memberships. If you have a spouse and they are not a member, why not sign them up. This is a great way to build up our membership. Many of our spouses are already members, but there are many more who could join. In the history of NARFE much of the progress has been accomplished by spousal members, in fact our National President is one and been in various leadership positions for many years. It will cost you very little to sign

Chapter Officers

President	Ronnie Collins
Vice-President	Ellis McCowan
Secretary	Elizabeth Bryant
Treasurer	Jim Evans

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Please share these newsletters with your spouse

up your spouse as member. First year membership is only \$33, that is only 9 cents a day. For those who receive this newsletter by postal mail, a membership form is included, for those who receive this newsletter by email, go to our website to print out an application. www.narfecookevilletn.org You will need to go to the **Join Us** page and you will see it listed there. If your spouse is already a member, use the form to pass out to someone else that you know who could become a member. Another way you can join is by calling toll free 800-627-3394 and use a credit card. Either way be sure to include your Member ID and Chapter 1956 so that we get credit for the new member. And don't forget, retired members and their spouses should sign for Dues Withholding. New members are important since the membership numbers have been dropping in recent years and we need to gain new ones.

Alzheimer's Report

With a check that came in the mail and the collection at the last meeting, we gained \$47 for the Alzheimer's fund this month. Those funds will be forwarded by our treasurer to the appropriate office. Anyone else not able to attend meetings can mail a check for the Alzheimer's Research to this address; NARFE Chapter 1956, 118 Ballenger Rd. Carthage TN, 37030. Be sure to indicate what it is for.

Sunshine Report

A get well card was sent to Addine Dow who is recovering from a broken hip suffered back in December.

Did You Know?

There are several different ways to pay your membership fees. Most of us probably use checks or Dues Withholding. Credit cards and money orders can also be used. A method that you may not know about is that most banks these days have a feature called Bill Pay. For those who renew annually, this is a good option. If your bank has this feature, you can instruct them to pay your dues, they will send a check from your checking account for you. You just need to give them the membership and address information. This feature can in most cases to be set up to automatically pay your dues each year, saving you work, postage and more. This option can even be used by our active employee members that cannot use Dues Withholding. Check with your bank and see if this is available. I have suggested to NARFE that they make available Bank Drafts, Electronic Funds Transfer and other automatic payment options, but as of now they are not available.

We Appreciate Our Members

Member Perks

You are reminded of the many discounts and savings available to you as a NARFE member. These are listed in the magazine and on the headquarters website. You can save money on travel, hotels, car rentals, insurance, and banking, just to name a few. Check these out, and take advantage of them. Just one more reason to remain a NARFE member.

Sign Up For GEMS

GEMS stands for Global Electronic Message System that NARFE headquarters uses to get timely information out to its members by means of Email. Only a little more than half of our chapter members that have email addresses are signed up on GEMS. Those not on it miss out on the weekly legislative updates and much more. Our federation news which was previously sent out by TennFedNet is now being sent by GEMS, so you would also miss out on that if you are not currently on GEMS. To sign up, go to the national website, and under Membership Tools click Join GEMS and Update Your Records. Just follow the prompts, it is easy.

Also while I am on the subject of Email, we currently have about 57 members who receive the Newsletter by Email. If you have access to Email and we do not know your address, send us a message and be added to our Email distribution. This will save us much needed funds for our chapter. We have costs for envelopes, paper, printing and postage. There is another postage rate increase scheduled for May and this will impact our mailing costs again. There have been several postage rate increases in recent years and we have not raised our chapter dues. I know the Postal Service must raise the rates when their costs go up, but this makes it hard on not-for-profit organizations such as ours. Help us out in this area if you can. Send your email message to me at rwcollins@hydroquy.com.

NARFE IS ON THE WEB

Chapter 1956: www.narfecookevilletn.org
Tennessee Federation: www.narfetn.org
NARFE Headquarters: www.narfe.org

Lots of information is available on our the NARFE websites, information about chapter meetings, newsletters, legislative news, photos, current membership lists. You can update your mailing address, phone numbers, email addresses. Download and print forms and other files. Renew your membership, and more. Check it out, if you don't have access to a computer at home, a family member, friend or the local library can help you with this.