



**NATIONAL ACTIVE AND RETIRED
FEDERAL EMPLOYEES ASSOCIATION
PUTNAM COUNTY—COOKEVILLE TENNESSEE
NARFE Works For You**

Chapter 1956 Newsletter

November 2009

Last Meeting

Our speaker last month was John Kendrick, Fire Chief with the Cookeville Fire Department. He gave us a very good presentation about the fire department and fire safety. While they extinguish fires of buildings, vehicles and brush, he said that is only a small part of what all they do. The fire department also acts as first responders on medical needs, they conduct public education fire safety classes, respond to hazardous material spills and operate a training class for future fire fighters. Kendrick said that his department stresses safety most of all, not only for the fire fighters but also for the public. Many fire fighters and many of the public die each year in fires. To help us know what to do in case of fire, he gave us these 3 safety guidelines.

1. Don't go back in to a burning building to retrieve any possessions. This alone accounts for many deaths. Pictures and keepsakes can be replaced many times.
2. Have an escape plan. Plan in advance how you would get out of your house if the normal route was blocked by fire.
3. Stay low, get down as low as you can. The air nearest the floor is the coolest and contains less smoke. If you breath the air at the normal walking level, it will burn your lungs in a short time.

In other news from last month, I appointed a committee to help with our upcoming Christmas luncheon. That committee is headed up by Sharon Martin and she will ask many to help her.

We again discussed the NARFE Dues Referendum and the results of the chapter vote was; 14 in favor and 0 opposed to the changes. Our secretary will now send in our ballot to reflect that decision. Hopefully this will help our overall organization to retain more of our members and we as a chapter will be able to manage with somewhat less revenues.

Next Meeting

The next meeting will be November 17th. at Shoney's on Jefferson Ave. in Cookeville. You will need to arrive by 6:00 pm. if you desire to eat. The business session will begin promptly at 6:45 pm.

The scheduled speaker will be Nadine Armstrong of the Putnam Co. Clean Commission.

If anyone needs transportation to any of the meetings, fellow member Roy Byrd has graciously offered to pick up anyone in the Cookeville area. You can contact him at 526-1895.

Legislative Report

NARFE national has reported that the President has signed the Defense Department appropriations bill for the new fiscal year. Recently passed by Congress, this bill included several key provisions that NARFE has worked long and hard to place in the bill to help current and retired federal employees. The new law **1)** allows federal agencies to re-employ federal retirees on a limited part-time basis without offset of annuity; **2)** permits Federal Employees Retirement System (FERS) workers to initially credit half, and in 2014 all, of their unused sick leave toward retirement.; **3)** improves the non-foreign cost-of-living adjustments for certain federal employees; and **4)** ends the pay-for-performance personnel system and other changes to restore the federal General Schedule pay system. All this should be good news especially to the current federal workers. So NARFE is keeping its motto. "**NARFE Works For You**"

NARFE national office has sent out an action alert urging members to contact their U S Senators about the measure now being considered in the Senate to protect all federal retirees from the increase in the Medicare Part B Premium. If not passed then most federal retirees will be hit by the increase even though S.S. beneficiaries are already protected. The House has already passed a similar bill. A good way to contact your Senator go here: <http://capwiz.com/narfe/issues/alert/?alertid=14260196> or call your Senators about Medicare Premium Fairness Act.

Chapter Officers

President	Ronnie Collins
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Please share these newsletters with your spouse

Sunshine Report

Ray Wurm is still recovering from a series of strokes and at the last meeting it was reported that Clarence Richards is recovering from surgery, both have been or still are in NHC.

Annual Christmas Luncheon

Plans are being made for this years Christmas meeting. It will take place on Saturday December 12th. this year. The times will be from 11:00 am to about 2:00 pm. We will try to begin the meal around 11:30 or so and there will be time to visit with one another before and after the meal. The location will be the Hyder-Burks Agriculture Pavilion multipurpose room. This is an opportunity for those members who cannot attend our regular meetings to attend and take part. Everyone always seem to have a great time at these meetings.

The meal will be catered and be the traditional holiday menu; turkey and dressing with gravy, and all the trimmings. It will include deserts, coffee and tea. The price has not been fully determined but it is estimated to be around \$13.00 per person.

The chapter agreed to exchange gifts again this year. The gifts should be wrapped and marked for either for a man or a woman as the case may be. We also agreed to again take up a collection for a needy family in our area. So keep those things in mind.

Hope that we can have a large attendance again this year. There will not be much time in December preceding this event, so I am asking our telephone committee to begin contacting each member on their list **by the first of December** and let them know about this luncheon meeting and ask who is planning on coming. Members are allowed to bring guests, but we need a head count of those planning on coming. Please keep in mind that we will order the food based on the number who tell us they are coming, we must ask all members who sign up to reimburse the chapter for the cost of the meal. Telephone callers, call me with your lists no later than **Tuesday December 8th**. If you do get a call and you want to attend, call or email me directly (contact information is on page 1).

Chapter Officers

At the November meeting is when we select the chapter officers for the coming year. The nominating committee has worked many long and hard hours to present a slate of officers for consideration. Please do your part and attend this month's meeting and help with this very important process. I want to thank the committee members; Larry Charron, Tom Banker and Tom Pointer.

I do not have the list of nominees to include in this issue of the Newsletter, but they will be presented at the meeting. Also nominations can be taken then.

Stay Active

There has been much research that backs up the fact that as we grow older we need to continue to stay active in both our body and mind. Some sort of daily exercise is so very important to maintaining a healthy life. Try walking a few minutes a day, joining some sort of group activity or swimming. Each of these are excellent choices. And don't forget to exercise your mind and challenge yourself to think and be active in this area. Puzzles and games are great for the mind, being part of a organization and helping with planning, decision making are also important. Serving others gives a great sense of accomplishment. So with that in mind, taking an active part in your local chapter will be good for you as well. Use your particular abilities and take part in one of our needed committees or chapter responsibilities.

Happy Thanksgiving Time!

This is the time of year that we gather together to remember and give thanks for all of our many blessings. So as your are enjoying time spend with family and friends this year remember to be thankful for all that has come our way this year. Be safe as you or your family travel and don't eat too much!



Just For Fun (as seen in church bulletins)

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Don't forget your husbands.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be try outs for the choir. They need all the help they can get.

Weight Watchers will meet at 7 PM at the Church. Please use large double door at the side entrance.

Thanks to everyone who has renewed recently!

NARFE IS ON THE WEB

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