



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

Chapter 1956 Newsletter

October 2011

Notes From Our Last Meeting

It was good to see each one who attended our last meeting. We miss you when you are not there, so come as often as you can.

We had one of the most interesting speakers of all time. Most of you know of Dr. Op Walker. He gave us a talk about Cures from MOTHER EARTH. Normally he shows this on a screen as a PowerPoint presentation but that was not available at our location, so he provided handouts showing all the information. This handout is 45 pages of very valuable and important information that everyone should read. Lest that sounds like a lot of material, it is not, it is shown in the form of pictures (**I like pictures**).

Just to highlight a small portion of what Dr. Walker presented, he showed us the stats on the leading causes of death and how many die each year, for instance; heart disease 631,636, cancer 559,888, chronic respiratory diseases 124,583, Alzheimer's 72,432 and so on. He stated what could be the reason for these high numbers, that being the eating of pesticide contaminated fruits and vegetables. He went on to show us how we can protect ourselves from this danger and to live more healthful lives.

I would highly recommend that each of you look at his work on this subject. I sent Dr. Walker a note thanking him for coming to our meeting and he shared several more parts of his lectures on this subject. In fact, at our meeting he shared **Part 1**, but he sent me all **5 Parts** of his lectures. If you are familiar with PowerPoint files and have the ability to view them on your computer that would be best. If not I can provide them in a PDF file or even as a paper handout if you would prefer. If you want to be educated about health concerns, take advantage of this work by Dr. Walker. Tell me which version is best.

In other news from the last meeting, we talked about the latest news and the threats to federal employees and retirees and what each of us needs to do as NARFE members. We also covered the latest membership information, our other reports, etc.

Our annual Christmas Banquet will be held December 10th at the Hyder-Burks Agriculture Pavilion. The traditional holiday meal will be catered again this year by Grade A Catering. Please make plans to join us. More details next month. **Save this date.**

Please share these newsletters with your spouse

Important Dates Coming Up

October 18	Next Meeting
October 31	Halloween
November 6	Daylight Saving Time ends
November 11	Veterans Day
December 10	Annual Christmas Banquet

Next Meeting

Betty Robinson has lined up Nancy Rich for our Program Speaker for this month. Nancy is a Master Gardener and will be speaking on prepping our lawns this fall for next year. This sounds like something that will be very helpful. Thanks to Betty for her work to line up a good speaker each month.

We meet at Shoney's Restaurant beginning at 6pm (or before) with a meal and fellowship. The business part of the meeting begins at 6:45pm.

I encourage everyone of you to attend and take part in our chapter meetings. Please attend all the meetings that you can. Call a fellow member and remind them to come as well.

Legislative News

President Obama proposed requiring federal workers to pay more for their retirement and ending the Federal Employees Retirement System annuity supplement for newly hired workers as part of his \$3.2 trillion 10-year deficit-reduction package. With the President now supporting cuts to our earned compensation, the threat to federal retirees and active workers grows every day.

The 12 Member Congressional Super Committee will be evaluating this and other ways to cut the federal spending. Please keep in mind that Congress needs to hear your thoughts about not singling out us in these cuts. Use this special website to contact Congress. www.narfe.org/heartbeat

Chapter Officers

President	Ronnie Collins
Vice-President	Betty Robinson
Secretary	Reba Collins
Treasurer	Myrna Estes

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Member Spotlight

Last month, I spotlighted one of our oldest members, this month our Spotlight is on one of our newest members, **Anita Lockhart**

Anita's federal service began at Griffiss Air Force Base in Rome NY with a defense agency, Rome Air Force Depot which later became Rome Air Material Area. Her work was in office administration. She worked for various agencies while at Griffiss AFB, over her 37 years in federal service and retired in 1989 as an Administrative Officer, GS-09. After retiring, Anita also worked 15 years at Rome Air Development Center (which later became Rome Lab) as a Defense Contractor

Rome NY is Anita's home area, but in 1991, she and her late husband bought a home in Sparta Tenn. to spend the winter months here, then return to NY in the spring to continue working for a period of time. She maintains an apartment at her son's home in NY. She is back in Sparta currently.

Anita first heard of NARFE by reading our meeting notice on the local Sparta TV Channel. She says that she was looking for a Federal Retirement organization, so after seeing our information, she contacted us, came to our meeting and joined right away in February of this year. Anita is also a member of AARP. She attended a few of our meetings here in the winter and early spring, then moved back to Rome NY and looked up the local NARFE chapter there and made contact with them. Of course the Rome Chapter tried to get her to switch her membership there but we are very thankful she stayed with our Chapter. She was at our last meeting, please introduce yourself to her and get acquainted.. I certainly appreciate her as a member and she will be a great asset to us.

In addition, Anita enjoyed motorcycling with her late husband for many years and she has published a book of poetry and some short stories. Some of her work has appeared in a book, *World Poetry* which is a book of Anthology and the local Mohawk Valley Women's magazine in upstate NY. While in NY, she worked one summer (2006) for the Mohawk Valley Community Action Agency with the Youth Department. Anita attends East Sparta Church of God and volunteers at the Ladies Ministry there.

Next month we will spotlight another member. I need more members to send me your details

2012 FEHBP Premiums

As we approach the end of the year, we will be getting new information on the Federal Health Insurance Benefit Plans and changes for next year.. NARFE has reported OPM is saying that overall this year premiums will increase 3.8 percent. You might recall, the last couple of years we have seen around 9 or 10 percent increases each year. I have taken a

look at the most popular plans that most of us have, Blue Cross/Blue Shield, Mail Handlers, NALC and I am seeing very modest increases and in some cases rates are going down. Your premiums, of course depends on whether you are under the Postal System or not and whether you pay biweekly or monthly. I will print the new rates and make available at our chapter meetings. If you want see them now, there is a link to them on the NARFE headquarters website.

NARFE in the News

On 9/29/2011 **USA Today** published an article entitled *Federal retirement plans almost as costly as Social Security*. This article seems to indicate that the Civilian Retirement System is paying out more in annuities than what is being received into the system by contributions. Our national President, Joe Beaudoin responded in a letter to **USA Today** with facts from the Office of Personnel Management (OPM) showing the retirement fund is stable and will be able to meet its obligations perpetuity. Joe went on to add; "The Supercommittee's decisions are too important to be contaminated by faulty analysis and they should have full confidence in the current and future sustainability of the federal workforce's retirement program".

Your Help is Needed

If NARFE and our Chapter is going to remain strong and effective into the future, we need your help as a current member.

First of all on the national front, here is what you can do; ask someone to join, keep in touch with former co-workers and your federal agency. Most likely you know of some who might be interested in knowing about NARFE and would join if contacted. I can provide you membership information to hand out to them or send it directly if you give me the contact information.

Secondly, consider helping our local chapter. It is that time of year we need to be looking for officers for the coming year. Our elected positions are: President, Vice-President, Secretary and Treasurer. I would like to add a Second Vice-President to this list. Would you be willing to take either of these offices for next year? Also we have several appointed positions that we could use your help with. Some of our members are full-filling more than one position and we need to split those up. Some of you would do a great job in some of these areas, Let me hear from you in response. THANK YOU

NARFE IS ON THE WEB

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