



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

Chapter 1956 Newsletter

September 2011

Last Meeting

We had a good meeting last month, if you missed it then make a point to join us this month. It was great to meet a member for the first time. Becky Maxwell who joined NARFE a little over a year ago was with us. If you have never attended our meetings or if it has been awhile, then come check us out.

Our speaker last month was Ruth Dyal who spoke about the Upper Cumberland Tourism Association. Ruth was a delightful speaker and she is very knowledgeable of all that is available in this area. She brought a slide show of lots of interesting places and events to visit all around the Upper Cumberland area of 14 counties. Tourism is a great revenue source for this area and she encouraged us to visit some of these places and enjoy what your home area has to offer. For instance Ruth showed pictures and talked about; state parks, lakes, town squares, driving trails, old city centers, festivals and much more.

I would recommend you check out their [website](#) for a guide to what is available in this area. You can call them at 931-537-6347 and also find out more at the Highlands Visitor Center on Neal St. in Cookeville.

Important Dates Coming Up

- September 15-17 U C Quilt Festival
- September 20 Chapter Meeting
- September 23 Autumn Begins
- October 10 Columbus Day

Next Meeting

Our speaker for the September 20th meeting will be Dr. Opliss (Op) Walker. He was with us several years ago and was a very popular speaker. Dr. Walker is the Chief Pharmacist at Cookeville Regional Medical Center and also a professor at Tennessee Tech. University. Dr. Walker will be speaking on the subject "Cures from Mother Earth". I know you will not want to miss what he has to present.

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 friend and remind them to come as well.

Please share these newsletters with your spouse

Alzheimer's Support

As most of you know, NARFE has been a supporter of Alzheimer's Research for many years. July began a new fiscal year for this funding program and our National Chairman reports that donations for this July was **up** over \$7,600 over what July of last year was. For NARFE member contributions, our grand total stands at \$9,323,606. I think that is outstanding.

Thanks for all of you who help with this by your donations at our chapter meetings. If you are not able to attend our meetings you can still donate towards this very important research, just mail a check, payable to NARFE to our Alzheimer's Chairman, Reba Collins, 118 Ballenger Rd. Carthage TN 37030

Membership News

There is a lot of activity on this months Membership Report that we get from NARFE headquarters. First of all, I would like to welcome a brand new member, who is Walker Fleming of Cookeville. It is always GREAT to have new members. Sadly we did have one member who was dropped this month for non-renewal.

In other news, 6 members this month were sent a Second Dues Notice Counting this month and previous months, there is a total of 11 members have received these dues reminders. I cannot stress enough how so very important it is that each and every member not only in our chapter, but is all the chapters continue to remain as a member of the only organization that is working to protect and preserve those benefits for federal workers, retirees and spouses. If you are one of the members who have received a dues reminder, please take care of that today. That will help us and you. **Remember—NARFE needs you and you need NARFE.**

Chapter Officers

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

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Legislative News

Here is a recent statement from our NARFE President—Joseph A. Beaudoin, President of the National Active and Retired Federal Employees Association (NARFE), he released the following statement in response to a proposal before the Senate Committee on Homeland Security and Government Affairs to remove health and retirement benefits of U.S. postal workers:

"Like many Americans, I am concerned about the financial straits of the U.S. Postal Service. I am also deeply troubled by attempts to plow through these challenges by taking away the stable employment benefits that our postal workers earned.

"The federal system of health and retirement benefits is proven to be sound and straying from it will likely be an expensive mistake for this already struggling American enterprise. When some other federal programs have taken a chance on an alternative system in the past, it did not take long before the gamble failed because the new system of benefits never resulted in the savings that were projected.

"In addition to the consequential expenses of a failed system, there are also built-in costs of the Postal Service starting an independent system.

"The federal employee health benefits program (FEHBP) is looked to as a model of competition and choice in healthcare and it doesn't make sense to trade that in for a second-rate system that will need to be started from scratch. FEHBP is affordable because of the economies of scale of 9 million enrollees that help to keep overhead relatively low and gives the Office of Personnel Management the leverage to negotiate premiums that grow at a slower pace than other large employers-sponsor health systems. This helps to keep costs down for the federal employees, retirees and our employers -- the taxpayers -- who all pay a share of the premium.

"There are also built-in administrative costs when forming an independent health and retirement benefits program. These costs are currently incurred by the Office of Personnel Management. Creating a duplicate system will only duplicate costs.

"The Postal Service must learn from other agencies' unsuccessful and costly experiments and preserve the federal health and retirement benefits for our postal workers who connect us all by delivering mail and packages to 144 million homes across America."

Member Spotlight

Last month, I asked you to send me information about such things as your federal background, NARFE history and other items for this new feature. In response to that I have received several replies. So for this first article, our member spotlight is on **Bishop Holliman**. *(continued, next column)*

Bishop began his federal career in January 1952 with the Social Security Administration in Birmingham Alabama. That job took him to several locations including Johnson City Tennessee, Columbia and Florence South Carolina and then to Gadsden Alabama before moving to Cookeville Tennessee. He says that he did not expect to stay in Cookeville very long but early decided that it was a good place to be, so he finished out his work with the Social Security, retiring as manager of the Cookeville office in 1983

Soon after Bishop retired, our local NARFE chapter was established in Cookeville (1985). He became a charter member of this chapter. He did not say if he held any positions in our chapter or not. Besides NARFE, he was also involved with other groups; the Cookeville Rotary Club— President in 1974, the local United Way— President in 1969 and the local Red Cross-President in 1973

After moving away from Cookeville, he lived in the Nashville area for several years before moving to make his home in Avilla Indiana. He is married to Ellen who also is a member of NARFE. I believe that they moved to Indiana to be near their family.

I am sure there is much more that could be said about Bishop, but that is what he sent me. We only have a few charter members of our chapter still with us. Glad that he is. Next month we will spotlight another member, so send me your details

Health Tip

A recent study from the Intermountain Medical Center Heart Institute found that fasting can lower a person's risk for coronary heart disease as well as diabetes and have a positive impact on blood cholesterol levels. In this study a group of 200 volunteers participated at the Intermountain Medical Center Heart Institute in the trial. The trial involved testing performed on the subjects while fasting and while consuming a normal daily diet.

This study shows fasting is helpful with other factors that contribute to heart disease such as reducing the following: triglycerides, weight, blood sugar levels. To read more about this [Click Here](#).

We Appreciate Our Members, if you have recently renewed, Thank You

NARFE IS ON THE WEB

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