



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

Chapter 1956 Newsletter

December 2012

**Merry Christmas to You
and all your Family!**

This is a busy time of the year for many, do enjoy the holidays and time with family and friends. Take extra precautions when travelling and stay safe. And don't forget the reason for the season.

From Our Last Meeting

Our attendance was down somewhat at the November meeting mostly due I think because of some were away or busy because it was the same week as Thanksgiving. But it was good to see some who have not been there in awhile, and to have some guests with us.

The speaker was very good, she was Lora Simpson who is the Dietitian with the Cookeville Regional Medical Center, Diabetic Center. Her main topic was **Tips for Eating During the Holidays**. I think many of us were afraid she was going to tell us what we should not eat, but as it turned out, that was not the case. Lora also shared some healthy cooking tips and a recipe for a Waldorf Salad. I will list these tips and the recipe at the end of this newsletter.

Lora talked some about the Diabetes Center which is part of CRMC. Its purpose is to assist you and your family in learning to successfully manage diabetes. For those with diabetes, this is something you may want to consider. You will need a doctors referral to take get the support. The Diabetes Center is located near the hospital at 127 North Oak St.

Chapter officers were nominated and elected at this meeting. In contacting our members, I could not find anyone new who was able and willing to take an officer position. Some were willing but busy with other things right now. I am very glad that the current officers were willing to stay on for another year, they were elected by acclamation by the members present at this meeting. This will be my 6th year as President, and the other current officers have also served many years. If you are someone who has indicated an interest in an officer position in years past, would you consider maybe coming on board as an assistant to an current officer to train for next year or as an appointed position? This would help a lot. Just contact me for more details.

Please share these newsletters with your spouse

Calendar Of Events

December 21 Winter begins
December 25 Christmas Day
January 1 New Years Day
January 15 Next Chapter meeting

Annual Chapter Christmas Banquet

I am preparing this month's newsletter just ahead of our annual Christmas Banquet. Hopefully, it will get out to you by the normal timeframe, this has been a very busy week for me. Remember, we do not have a regular meeting in December, the next meeting will be in January of next year. See you then.

I will have a full report on our December banquet in the next newsletter. As we close out the year 2012, I want to thank everyone for all the help given me as president of the chapter. Thanks to all who come out to our meetings month after month, and most of all, for your continued membership and support of NARFE and our goals. Let's look forward to the new year and what that brings us.

Legislative News

The NARFE national office continues to encourage all members to call your Congressional delegation to say, e have already contributed over \$100 billion to help get our nation's finances back on track. No other group has been asked to sacrifice this much, and it is time Congress finds ways to reduce the deficit other than continually taking from those who have dedicated their lives to public service. I strongly urge you to stand up for the principle of shared sacrifice and avoid once again singling out federal employees and retirees for cuts. Enough is enough. Use the NARFE provided telephone number to make your calls— 866-220-0044.

Chapter Officers

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

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Sunshine Report

We heard last month that Clarence Richards took a fall and broke a hip. He is currently recovering from that after undergoing surgery. We wish him a speedy recovery. I just heard that Jim Evans has been in the hospital, I am sure that there are more of our members who are having, or have had medical issues that we were not made aware of. We certainly would like to know about any cases that you may be aware of. For all we missed, we wish you the best as well.

The CPI

Many of you may have already heard that there will be a modest Cost of Living Adjustment (COLA) in January of 1.7% for those receiving Social Security Benefits and Federal Retirees.

The Labor Department's Bureau of Labor Statistics reports and sets these COLA rates. There are many varied indexes tracked by the BLS and there has been much said over the years as to which index should be used to best track the costs of living to senior groups. We have been under the CPI-W index for many years.

With the nation in fiscal problems, many in government are proposing that a different index be used for Social Security and federal retirees, called the Chained CPI. I think talk of this has been around for some time now but it is becoming closer to being a reality. I don't fully understand how this Chained CPI would work but many in the groups that keep an eye out for seniors, including our own NARFE National President Joe Beaudoin is saying that the Chained CPI appears a way to save money while simply "fixing" a formula, but individuals who have worked their lives to earn their retirement benefits will receive less money in the future.

This seems to be just one more way to balance the federal budget on the backs of seniors. You may want to pay close attention to any news coming out of Washington DC on this subject.

Give A Gift Membership

For those you know (family members, friends, former or current co-workers, your mail carrier) who work for or have retired from the federal government, consider giving them a gift membership to NARFE for Christmas or in the case they are just now retiring, this would make for an excellent retirement gift for them.

The first year of NARFE membership is just \$45. There is a form available in which you can submit your gift membership, [form](#). Or I would also suggest that you call NARFE 800-456-8410 and do it over the phone with a credit card. Pretty easy!

We Appreciate All Of Our NARFE Members, Especially Those Of Chapter 1956

Membership News

Membership numbers is the key to our strength and I know there are many organizations vying for you time and money, but do consider the value of NARFE membership. There is simply no other organization looking out for the benefits of all federal employees and retirees. Please renew your membership if you have received a renewal notice and support your chapter. Thanks so very much.

Tips for Eating During the Holidays by Lora Simpson

- * Only attend those events that really matter to you.
- * Ask if you can bring a dish to a meal or party. That way you will be sure to have something that fits your meal plan.
- * Don't go to a party if you are hungry. If you are not taking insulin, eat light the day of the party and then have a snack before you leave home.
- * Remember that portions count. Taste everything that looks too scrumptious to pass up, but take a taste instead of a serving.
- * Go through the buffet line only once and wait until you sit down before you begin to eat. It is easier to overeat standing than sitting.
- * Position yourself far from the buffet table and try to keep food out of your line of vision.
- * Eat slowly. Make the food last. The first bite tastes the best. (It takes 20 minutes for your brain to get the signal that you are full. Give it time to get the message.)
- * If a host or hostess pushes food on you, ask that it be wrapped for you to take home later.

Recipe for Waldorf Salad– by Lora Simpson Makes 6 serving

1 T. lemon juice
1 T. light mayonnaise
2 packets artificial sweetener
1 large apple, cored, unpeeled, and chopped
1/2 cup celery, chopped
1/4 cup dried cranberries
1/4 cup nuts, chopped (optional)
Lettuce leaves

In a medium bowl, blend together mayonnaise, lemon juice, and artificial sweetener. Wash, core, and chop the apple. Add apples to mayonnaise mixture and toss. Add celery, cranberries, and nuts and toss. Serve on a lettuce leaf.

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Tennessee Federation: www.narfetn.org
NARFE Headquarters: www.narfe.org