



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

Chapter 1956 Newsletter

February 2012

Notes From Last Meeting

We are off to a new start this year. Good to see those of you who came out to our last meeting and it was very good to meet Lois McCart who was there for the very first time. We had several old timers there and one other relatively new member, but attendance is still less than what we need. Hope you can make it to this month's meeting.

This year I am beginning my 5th year as your chapter president. With that in mind, I asked those at the meeting for volunteers to part of a nominating committee to find officers for next year. There will be plenty of time to work on this. I really need 2 or 3 members to serve on this committee and I also need some of you to be willing to serve as one of the chapter officers for next year. For now I would like to get the nominating committee formed by our meeting this month. Let me know if you will be part of this.

At the last meeting, I also mentioned I needed a committee to plan our summer picnic and our December luncheon. Will you serve on this committee and help begin plans for our social events? We need this very soon.

State Federation Convention

By this month, we need to designate those who will attend our NARFE Tennessee Federation Convention this year. The dates are April 16 and 17 which is a Monday and Tuesday. The place of the convention will be in Memphis at the Hilton Hotel.

All members are welcome along with their guests. But everyone must register using our Registration Form. Those members attending as delegates must also fill out a Delegate Form. I have these for anyone interested. The chapter will cover the cost of the registration fee for the delegates.

Let me know by the meeting this month if you want to attend the Convention. If you want more information, look at the January issue of the **Tennessee Federation News** or go online to the Federation website. www.narfetn.org.

Important Dates Coming Up

- February 14 Valentine's Day
- February 20 President's Day**
- February 21 Next chapter meeting
- March 11 Daylight Savings Time begins

Please share these newsletters with your spouse

Next Meeting

I encourage all of you to attend our meeting this month on February 21st. We meet at Shoney's Restaurant in Cookeville. Plan to be there by 6:00p in order to eat, the business part of the meeting begins at 6:45p.

Our speaker this month will be Steve Brown of Crest Lawn Funeral Home. I am sure he will have some important details on the importance of pre-planning end of life events. Come and hear this speaker.

At the last meeting, we had several suggestions for future speakers. If you know of someone who you want to suggest, then send those suggestions to me or let me know at the meeting.

Anyone needing a ride to the meetings can call 931-252-2973 and we will try to arrange for that.

Recycle Old NARFE Magazines

Did you know what you can do with the NARFE Magazines after you have finished reading them? As was mentioned at a recent meeting, rather than throw them away, take them to places like waiting rooms at a doctor's office, hospital, car repair shop, or other place where people usually set a wait for some reason or another. You will be surprised how many people will pick up a magazine and thumb through it. There have been reports where people have joined NARFE after finding a magazine laying around. Remember, each magazine includes a membership form.

If you are concerned about privacy, just black out your name and address on the label. If you want, you can add the Chapter Number (1956) and your Membership ID in the spaces supplied. That way, our chapter will get credit for the new member.

Chapter Officers

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

Contact Information:

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National Call Congress Day

February 15th has been designated as "NARFE Call Congress Day". President Beaudoin asks each NARFE member to do the following steps:

Step 1: Call the Capitol using NARFE's toll-free number, 866-220-0044. Ask the operator to connect you to your representative's and/or senators' office

Step 2: Tell the staff person who answers the telephone next where you live, so they know you are a constituent, then say:

- *"I am a retired/active federal employee and member of NARFE." [Tell the staff person a little about your work.]*
- *"[Senator or Representative X] represents thousands of federal workers and retirees and their survivors. Any plan that pays for two-thirds of the payroll tax holiday by taking money out the pockets of fewer than 2 percent of America's middle class is unacceptable, unfair, and certainly isn't shared sacrifice."*
- *"Federal workers, retirees and survivors have already done their part, saving the federal government \$50 billion through a two-year pay freeze. Making \$65 billion in further cuts to pay, earned health and retirement benefits, or making changes to cost-of-living adjustments, would unfairly single out those who protected our nation, including many now on a fixed income."*

If for some reason you cannot make those calls on February 15th, go ahead and make them when you can, every call is important, even on another day.

Membership News

Last month, you may remember that I urged our existing members to sign up their spouse as members. As far as I know right now, one member did that. Special thanks to Larry Duewer for signing up his wife Elaine. They live in the Livingston area. Welcome to Elaine as a new member. We could use a few more members to do the same.

Also I can report 2 other new members; Larry Hackett of Carthage and Geary Hayes of Cookeville. Special welcome to both of these.

Remember to keep your dues current and help us remain effective in maintaining a voice in Washington DC.

Does NARFE Have Your Email Address?

Our national office sends our important news that each of us needs to know. For those who have email accounts, call NARFE at 1-800-456-8410 and tell them you would like to add or update your email address. This will help greatly.

MARK YOUR CALENDAR AND DON'T FORGET TO ATTEND OUR MEETING THIS MONTH

Chapter Needs

I could really use someone to take on the responsibility of Membership Chairman for our chapter or at least to help with membership duties. The right person needs to have good people skills and have a understanding of the benefits of being a NARFE member. Training help is available. You will also need to be able to access reports online. Let me know if you can help.

Legislative News –NARFE Speaks to Congress

NARFE defends the federal retirement system. On January 25, David Snell, director of NARFE's Retirement Benefits Service Department, testified before the House Subcommittee on the Federal Workforce, U S Postal Service and Labor Policy on the subject, "Retirement Readiness: Strengthening the Federal Pension System".

On February 1st, NARFE President Joseph A. Beaudoin testified at a Senate hearing on "Federal Retirement Processing: Ensuring Proper and Timely Payment." The hearing, called by Sen. Daniel K. Akaka, D-HI, Chairman of the Subcommittee on Oversight of Government Management, the Federal Workforce and the District of Columbia, will allow the subcommittee to obtain testimony and question John Berry, Director of the Office of Personnel Management on the backlog at OPM.

Green Tea Helps

A new medical study suggests that consuming at least 5 cups of green tea per day may reduce the risk of functional disabilities like osteoporosis and stroke. This study done in Japan on 13,988 over-65 year olds and compared to those who drank less than 1 cup of green tea per day. Functional disability is anything that limits a person's ability to do physical activity, is a mental illness, or that requires long term care.

The majority of science on tea has looked at green tea, with benefits reported for reducing the risk of Alzheimer's disease, improving cardiovascular and oral health, as well as aiding in weight management.

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Police in Los Angeles, had good luck with a robbery suspect who just couldn't control himself during a lineup. When detectives asked each man in the lineup to repeat the words, "Give me all your money or I'll shoot," one man shouted, "That's not what I said!"

Thanks for your support of NARFE

NARFE IS ON THE WEB

Chapter 1956: www.narfecookevilletn.org

Tennessee Federation: www.narfetn.org

NARFE Headquarters: www.narfe.org