



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

Chapter 1956 Newsletter

December 2013

Notes From The Chapter President

The month of December brings in the beginning of winter with cold weather and snow. It also brings with it Christmas and more time spend with family and friends. Hope you enjoy this season. Merry Christmas to you all.

Our speaker for the November meeting, Mr. Lyndon Smith presented a program that he called the Lighter Side of Fire Safety. As he talked and mentioned several very important fire safety pointers, he mixed in a few light hearted jokes along the way. For those who were there, I am sure that you enjoyed his talk. Sorry that the others of you missed it. Fire is a serious subject and his pointers were very good.

I will try to list some of those here. First of all, he mentioned that no one is ever ready for a fire to take place in the home. Mr. Smith told us of the correct of fire extinguisher that we all need at home. Many people have the wrong type. He said to be sure that the one we have in the house is rated for **ABC** fires. Many of the cheaper fire extinguishers are made to use in a car or boat are rated **BC** which will not be effective in the house. It is important to turn them upside down and bang on the bottom every six months in order to keep the contents loose. At the close of his talk he had a drawing and gave away the fire extinguisher that he had with him.

If a fire breaks out, you do not have much time to get out of the house. He said that after about 2 minutes the oxygen is nearly depleted and that is all the time you have to escape a burning house. Mr. Smith said that we all needed a plan as to just where the family members would assemble outside. Knowing where to meet would prevent anyone going back inside to look for those who have gotten out.

The last point I have room to mentions is, there are 3 types of smoke detectors that are available on the market, those are: ionization, photoelectric and heat detectors. Each on has its advantages and proper place to be used. Be sure you read and know how and where to use each type.

Mr. Lyndon Smith is associated with the Senior Carolina Fire Advisory program. If you have any questions related to fire safety or you would like him to stop by and help you. I can give his contact info.

Please share these newsletters with your spouse

Christmas Luncheon and Next Meeting

I am typing this just ahead of our Luncheon, we had the smallest number of sign-ups this year. We will miss those who could not make it. Hopefully the location and food will be good and those attending will enjoy the time.

I would like those who attended to let me know what you thought of the location since it had changed from last year. New name, new management, etc.

There will not be a December regular meeting, our next meeting will be January 21st. Let's start the new year off by planning to be there!

Remember that our normal meeting time is on the 3rd Tuesday of the month at Shoney's Restaurant, 880 S Jefferson Ave. in Cookeville. Our business meeting begins promptly at 6:45pm, but you should arrive by 6:00pm to eat and fellowship with our fellow members. Please note that the service is sometimes slow at Shoney's and that you really need to allow extra time to get your food order.

Merry Christmas to all our members and best wishes for a happy New Year. May the new year bring good health and more!

Free 6 Month Membership Offer

The special offer of a free membership has ended, we hope that many nationwide took advantage of that offer. It was aimed at current federal employees in order to help them protect their pay and benefits.

Our chapter welcomes 2 new members who took advantage of this free 6 month membership; James Chadwell and Alan Galloway. We hope they continue with us for many years to come.

Thanks to all who helped with this special offer.

Chapter Officers

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

Contact Information:

NARFE Chapter 1956
118 Ballenger Rd., Carthage TN 37030
E-mail: rwcollins@hydroguy.com
Phone: 931-284-4835

A Member We Will Miss

On November 20th, we lost Jacqueline (Jacque) Pine. She served for many, many years in our chapter as Historian and did a great job taking pictures of events and collecting newspaper clipping of things relating to our chapter. Jacque worked for and retired from the Social Security Administration. Her only surviving family members were 3 grandchildren and 2 great grandchildren. Our sorrows go out to them.



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 \$40. 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!

Be Prepared For Life's Events

I mentioned this last month and many picked up copies of this booklet at the November meeting. I still have a few copies left if anyone wants one.

Many of you may have filled out this set of forms in time past. If you have not or if it has been a few years maybe you should consider doing so now. Details change over the years and an updated copy of this form will be very valuable for the future.

The paper copy of the form is filled out by writing on the pages. The form is also available in a format that can be fill out by computer. If you would like to have this form, you can contact me for the paper copy or [click this link](#) for the computer copy.

I would encourage each of you to get a copy of this form, fill it out and make it available to those who will need it at some time in the future.

Don't delay, get your form and start filling in this valuable information.

Thanks to all our members of Chapter 1956 for your support during this past year. We would not be here without you!

Reminder On COLA

Just in case you did not know or had forgotten, you will see a small increase in your federal annuity check or deposit in January due to the annual cost of living adjustment. Small (1.5%) as it is, it is better than no increase at all and we have had some of them.

Those receiving Social Security benefits will see the same increase in those monthly deposits.

Medicare For 2014

From what I am seeing on the Medicare website, there will be no change in the Medicare Part B premium for 2014. It will remain at \$104.90 for everyone except those earning higher incomes.

If you have questions you can call Medicare at 1-800-MEDICARE or use their website medicare.gov.

Legislative Report

Why not take a few minutes this month and speak out about NARFE in your local newspaper. Letters to the Editor influence not only public opinion but these letters are read by our elected officials. Our NARFE President, Joe Beaudoin urges each member to use this means to speak out.

If you need help in wording your letter, you can go online to NARFE's Legislative Action Center and there you will find a sample letter than you can edit or send as is. The website is <http://narfe.capwiz.com/narfe/issues/alert/?alertid=63007081>

Here is that sample wording that you can use.

A small group of elected officials in Congress is currently leading the effort to find common ground on a budget proposal to avoid a repeat of the federal government shutdown and prevent sequestration in the coming years.

Those are goals many Americans support. But how we get there could have devastating effects right here in [STATE].

Among the proposals under consideration is an extension of the three-year federal employee pay freeze and a cut in take-home pay for federal employees through an increase in federal retirement contributions. If the committee is unable to agree on a path forward, then more furloughs of vital federal workers are almost sure to occur.

Many people think that federal employees are concentrated in the Washington, D.C. area, but the truth of the matter is that over 85% live and work outside D.C. The federal government is one of our state's largest employers. So when you cut the paychecks of [STATE]'s middle-class federal employees, you're also harming our state's economy and local businesses.

I urge [STATE's] Members of Congress to reject these proposals, which would take millions of dollars away from our local economy next year and weaken our federal workforce for years to come.

NAME
CITY, STATE
NARFE CHAPTER

NARFE IS ON THE WEB

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