

NARFE

National Active and Retired Federal Employees Association
Olympic Peninsula Chapter 1006 • April 2007



NARFE District IV website

www.narfewadist4.org

Chapter Officers

President: Ray Weinmann
Vice President: Ron Gill
Secretary: Marilyn Falls
Treasurer: Vacant
Board Member: Ralph Angulo
Board Member: William Holman
Board Member: Lois Shaw
Past President: Orvie Jensen
District IV Vice President: Bill Powers

Chapter Chairpersons

Alzheimer's: Elizabeth Owen
Historian: Charlotte Petersen
Legislative: Bill Holman
Membership: co-chairpersons:
Orvie Jensen
Lois Shaw

Newsletter: Sara Boore

Programs: co-chairpersons:
Ron Gill
Ray Weinmann

Public Relations: Gary Kydland

Service Officer: Ralph Angulo

Sunshine: Marie Wall

Telephone: Mary Tate

Legislators

Senator Maria Cantwell

website: <http://www.cantwell.senate.gov>
Senator Cantwell's Director for the Olympic Peninsula
Robert Thoms - (253) 572-2281
The Commerce Building
950 Pacific Avenue, Suite 615
Tacoma, Washington

Senator Patty Murray

website: <http://www.murray.senate.gov>
Senator Murray's Director for the Olympic Peninsula
Mary McBride - (253) 572-3636
The Commerce Building
950 Pacific Avenue, Suite 650
Tacoma, Washington

Representative Norm Dicks

345 6th Street, Suite 500, Bremerton, WA 98337 and 332
East Fifth Street, Port Angeles, WA 98362 (Staffed by Mary
Schuneman) Tuesday 9:30 A.M.-Noon, Thursday 2:00-5:00
P.M., and by appointment 452-3370)
website: <http://www.house.gov/dicks>

April Chapter Program

April 24, 2007, 11:30 A.M.
The Secret Garden Buffet
First St. and Golf Course Road
Port Angeles, WA

David Morris, former Superintendent of Olympic National Park will present our April program. He will share his observations of three and a half years with the Peace Corps in Africa. He was the Country Director in Zambia, a country in south central Africa.

The Pledge of Allegiance will be at 12:00 noon and will be followed by the presentation and a short business meeting. You do not have to eat at the buffet to attend the meeting.

Tip for the Day

You need only two tools: WD-40 and Duct Tape. If it doesn't move and it should, use WD-40. If it moves and shouldn't, use Duct Tape.

President's Corner

We are well along into Spring and things are starting to bloom. I hope our Chapter will also bloom and grow. With your membership recruitment efforts it can. We are initiating a program to encourage you to do that. Bring a prospective member to a Chapter meeting and receive a free lunch. Bring a new member (that you signed up) and receive a free meal for both the new member and you.

We also are revamping the monthly raffle. Starting in May we will put "ALL" members names in a pot along with a beginning seed amount (\$25-50) from the Chapter. Each meeting we will draw a name and if your name is picked and "you are present" you will be a winner. If there is no winner the pot will grow (depending on the tickets members buy). The more tickets you buy, the better the chances of winning. Winners will receive half of the pot and the remainder will go into the Chapter treasury. See you at the April meeting.

—RAY WEINMANN
CHAPTER PRESIDENT

Membership

Welcome to our new members, Richard Fort and Lee Raymond of Sequim and to Kemper Hall of Woodland, WA.

And it's also great to welcome back members, John Behrens, Duncan Dupree and Jim Sperber. Looking forward to meeting you at our next meeting.

National has dropped Betty J. Klingbeil for non payment of dues. Our membership is now at 370, we are slowly creeping up. One year ago we had 398. Remember each one of us is on the membership team to recruit, I'm sure you know of someone that is a current or retired federal employee that needs NARFE. Bring them to the meeting and introduce them to NARFE.

—LOIS SHAW
MEMBERSHIP

Have a Healthy Year

The Office of Personnel Management (OPM) is inviting all Federal retirees to actively participate in the 2007 HealthierFeds Physical Activity Challenge. "The Challenge" is being conducted in partnership with the President's Council on Physical Fitness and Sports (PCPFS.) The only requirement to participate and succeed in The Challenge is to be physically active for 30 minutes a day, five days a week for 6 weeks.

Participants may choose from more than 100 activities, which include household tasks and walking as well as athletic endeavors and fitness activities. Registration for the Challenge takes place through February 20. The Challenge ends on April 1, 2007. For more information on the Challenge go to www.opm.gov

The HealthierFeds website also includes dietary guidance on preventing disease and related to proper nutrition, how to increase your physical activity, and making healthy choices. There are also many Web sites concerning your health that have been conveniently assembled on HealthierFeds by OPM so that you can develop a plan for healthier living by simply clicking and reading.

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Federal Retiree Health Care Tax Relief Bill

Legislation to allow federal and military retirees to pay their health insurance premiums with pre-tax compensation was introduced this week by Senators John Warner (R-VA) and Jim Webb (D-VA) and by five original bipartisan cosponsors, including Senators John D. Rockefeller IV (D-WV), Olympia Snowe (R-ME), Susan Collins (R-ME), Trent Lott (R-MS) and John Sununu (R-NH). Rockefeller, Snowe and Lott are members of the Senate Finance Committee, which has jurisdiction over the bill.

Senator Warner and Webb's bill (S. 773) would amend the tax code to allow Federal civilian and military retirees - as well as active duty military employees - to pay their health insurance premiums on a pre-tax basis, as active federal civilian employees can already do. Rep. Tom Davis (R-VA) introduced the House version of the bill, H.R. 1110, on February 16, with 28 bipartisan cosponsors.

"Federal and military retirees lose ground every year health insurance premiums skyrocket", NARFE President Margaret L. Baptiste said. "The Premium Conversion legislation that Senators Warner and Webb and Rep. Tom Davis have sponsored would help retirees and survivors living on fixed incomes keep pace with rising health insurance costs."

"The full advocacy efforts of NARFE are behind this legislation," the NARFE President concluded.

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County Neighborhood Watch

You are encouraged to volunteer in the County Neighborhood Watch-Community Policing effort. Rich Sill and Al Camin (along with Sheriff Bill Benedict) presented the March program and asked for our help. They need people to help in community policing (both observing and reporting). If you can help contact Rich (565-2677 or Al (417-2376).