

NARFE

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



NARFE District IV Website

www.narfewadist4.org

Chapter Officers

President: Ray Weinmann

Vice President: Ron Gill

Secretary: Marilyn Falls

Treasurer: Mary Balian

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

website: <http://www.house.gov/dicks>

345 6th Street, Suite 500, Bremerton, WA 98337 and 332 East

Fifth Street, Port Angeles, WA 98362 (Staffed by Judith Morris)

Tuesday 9:30 A.M.-Noon, Thursday 2:00-5:00 P.M., and by appointment 452-3370)

September Chapter Program

September 25, 2007, 11:30 A.M.

The Salad Station (formerly the Secret Garden Buffet)

First St. and Golf Course Road

Port Angeles, WA

Our September speaker will be Judy Tordini, Director of Cardiac Services at Olympic Medical Center. The cardiac services program focuses on relaxation techniques, exercise and healthy eating to improve a patient's heart condition, blood pressure and more, about which Judy is a very interesting and dynamic speaker.

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.

RON GILL, CHAPTER VICE-PRESIDENT
AND PROGRAM CO-CHAIRPERSON

Current Employee Corner

How early should you start to plan for retirement?? Many retirees and counselors say at least five years in advance of retirement is not too early. Attending a pre-retirement seminar can be very helpful in looking to and planning for your retirement. We have had 2 successful retirement seminars here on the Peninsula and will work to hold another in 2008.

—RAY WEINMANN, CHAPTER PRESIDENT

President's Corner

Wow, where did summer go ?? I guess it's true that time goes by faster the older you get. Anyway we are now rapidly approaching fall. Our next meeting will be interesting since the restaurant has new owners and a new menu. We agree that we should continue to meet at the (Secret Garden) and see what everyone thinks of the selections. The owners have stated they will provide healthy food (soup, salad, sandwiches) so it will be interesting. Prices will remain very reasonable and there will be a selection of desserts. Please come to help support the chapter and the new ownership.

Don't forget we will be asking some of you to help as an officer or committee chair. We need help so the same people don't have to carry the chapter load year after year.

Contribute to NARFE PAC. The upcoming national and state elections will be very important and could help determine the future of our organization.

—RAY WEINMANN, CHAPTER PRESIDENT

July Program Highlights

Port Angeles Post Master, Valerie Thomas, shared a wealth of helpful strategies to protect us from various forms of fraud. After graduating from University of California, she gained her professional expertise with the Post Office in Nevada and Wyoming before becoming the Post Master in Port Angeles in May.

The Post Office has been a self-supporting entity since 1971; with funds generated by the fees we pay for services. They process over 700 million pieces of mail a day nationally. Fourteen carriers deliver Port Angeles' share, with four carrier positions unfilled.

New Flat Rate Mailing Boxes with no weight limits, the most economical way to ship packages, are now available. USPS has a new contract with FedEx based on volume (not weight) to provide air services.

Strategies for Fraud Protection:

- SHRED all Credit Card Applications you do not intend to use. Shred all discards that have any of your information: NAME, ADDRESS, ALL ACCOUNT NUMBERS, SOCIAL SECURITY and MILITARY I.D., OPM Information, OPERATING LICENCES, ETC., Anything that identifies you that you plan to discard. Shredding is available locally. Check your local newspaper or phone The Area Agency on Aging about the next shredding event.
- USE Postal Money Orders, rather than personal checks, if you are doing business with a NEW, UNFAMILIAR GROUP. Be aware that official Post Office Money Orders have a Benjamin Franklin watermark.
- BE a Well Informed INTERNET SHOPPER. Be especially cautious in new dealings, whether internet or mail.
- REPORT a late, new or replacement credit card to the issuing company. It could be lost or stolen. You can cancel it and replace it with a new one.
- REPORT any mail offer that seems too good to be true to the Postal Authorities. It probably is! Bring the suspicious material with you.
- JUST SAY NO TO TELEPHONE SOLICITORS! Remember they are PROFESSIONAL SWEET TALKERS! Your usual charities will keep you on their Mailing Lists.
- KEEP MAIL SECURE! Take your check or credit card payments to a blue Drop Box or the Post Office. Use a special lockable home mailbox, a Post Office Box, or a mail service box (like the UPS Store, MAILBOXES, ETC.). Ask Post Master Thomas for addresses of companies that sell lockable home delivery boxes.

- USE MAIL HOLD Forms to hold your mail while you are away. Ask about time limits and mail forwarding.
- FILE a Change of Address Notice. Temporary Change of Address Orders must contain a time limit or end date.
- GET ON THE CELL PHONE "DO NOT CALL" LIST! Use your cell phone (888) 382-1222 to add your number to the "Cell Phone Do Not Call List".

—MARILYN FALLS, CHAPTER SECRETARY

Membership

We welcome new member Mr. Stephen Barnowski to our chapter. Also, we welcome a transfer from Ventura, California to our chapter Mr. Richardo Bartolome. Welcome, Richardo. I would like to offer a special thanks to Mr. Frank Donnelly for reinstatement of his membership. Now for the bad news. Those that have received their second renewal notice from National are: A. Bruck, G. Cox, S. McClelland, B. Moody, D. Owen, B. Pound, J. Shunn, C. Towle, and R. Tureaud.

I would like to reiterate the dues prices one more time. For the Current Federal Employee that has not paid; did you know that you can re-new one year for \$25, 2 years for \$45, or 3 years for \$60. For the Retired member one year is \$36, 2 years is \$66, and 3 years is \$95. This price includes the \$7.00/year chapter dues. However, the best way to go is on Dues Withholding through OPM. You are annually charged \$24.60 (\$2.05 per month) plus \$7.00 chapter dues. If you are interested in Dues Withholding, give Lois Shaw or Orvie Jensen a call and one of us will send you the form. (Better yet, do it in person at the Chapter Meeting.)

If you have, or are contemplating, changes in address please let Lois or myself know and we will make the address change at National. That way you will continue to receive Retirement Life magazine and the chapter newsletter with out interruption. Also, for all you "snow birds" that will be heading south for the winter please let Lois or myself know so we can pull your address label from the chapter newsletter. If you have a temporary address in the "sunny south" let us know and we will see that you continue to receive the newsletter.

If you have any used eyeglasses or hearing aids that you don't want, bring them to the meeting and I will give them to the Lion's Club. They repair these items for Third World Countries. The cards you bring for the Sunshine Lady, please bring only sympathy and get well cards. We cannot use graduation, thank-you, Christmas and Easter cards.

—ORVIE JENSEN, MEMBERSHIP CO-CHAIR

Using Public Transportation to Get to our Meetings

Using the **Clallam Transit System** is a one way to get to our monthly meeting.

If you are in Port Angeles and would like to get to the Plaza, start at our Transit Center at Front & Oak Street and board the Route #20 at 10:55 am or 11:25 am. It will drop you off at our stop in the Plaza at about 12 minutes later.

If you are traveling from Sequim,, start at our Sequim Transit Center at 2nd and Cedar and board the Route #30 at 10:43 am. It will drop you off at our stop on the north side of Highway 101 & DelGuzzi approximately 25 minutes later.

To return either hop back on the Route #20 (westbound) from the Plaza departing approximately every 30 minutes between 12:42pm and 2:12pm or #30 (eastbound) from Hwy 101 & DelGuzzi on the south side of the highway departing approximately every thirty minutes between 12:47pm and 2:17pm.

Paratransit Services of Clallam County provides specialized transportation services to persons who have difficulty using the regular transit due to physical impairment or age.

Individuals are eligible for paratransit service if they fall under one or more of the following ADA categories and/or are 80 years or older without a disability.

Category I - Any individual with a disability who is unable to board, ride, or disembark from any vehicle on a bus system that is readily accessible to and usable by individuals with disabilities.

Category II - Any individual with a disability who needs the assistance of a wheelchair lift or other boarding assistance device and the bus route the person wants to travel is not 100% accessible - or the bus lift cannot be deployed at the desired stop.

Category III - Any individual with a disability who has a specific impairment related condition that prevents that individual from traveling to a boarding and disembarking location on the bus system.

To become eligible to ride the Clallam Paratransit, call 452-1397 (local) or 1-800-417-3950 (toll-free) and they will send you an ADA application form and a professional verification form; a counselor, physician, or other health-care professional must verify your disability status.

—MARY TATE, TELEPHONE CHAIRPERSON